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Santa makes health expert's naughty list

RESEARCH Yes, Virginia, there really is a Santa Claus. And he's a public-health menace.

Public-health expert Nathan Grills of Monash University in Australia says the beloved Christmas icon should ditch his sleigh and start biking or walking to lose his jelly belly.

Grills' light-hearted research was published online yesterday in the Christmas issue of the British medical journal BMJ.

He determined that Santa made a reckless role model, noting his frequent cookie snacks, occasional cigars and refusal to don a helmet during "extreme sports such as roof surfing and chimney jumping."

"Santa is a late adopter of evidence-based behaviour change and continues to sport a rotund, sedentary image," Grills wrote.

He also found a correlation between countries that celebrate Santa and large numbers of fat children. **THE ASSOCIATED PRESS**

News on the Move

What's this barcode for? Learn how to scan the barcode with the instructions at the top of pg 3



Style pg 31



On the web 
Visit metronews.ca for news updates



Danish riot police push back protesters during a demonstration outside the Bella Center, the venue of the UN climate-change conference, in Copenhagen yesterday. **More coverage, pages 6, 9 & 12.**

Bombing suspect arrested in Winnipeg

CRIME A self-professed white supremacist wanted for attempted murder in Calgary was arrested in Winnipeg early yesterday morning after a two-hour standoff.

Kyle McKee, 24, was wanted on Canada-wide warrants for two counts of attempted murder in relation to a bombing at a northeast Calgary townhouse on Nov. 21.

Calgary police confirmed Winnipeg officials arrested McKee at 12:30 a.m. without incident after a standoff at a home in the city's north end based on an anonymous tip.

"Officers phoned in to that residence and he was reluctant at first, I'm told, but after a couple hours he agreed to leave the residence and was arrested peacefully," said Calgary police Sgt. Keith Cain, adding officers believe McKee had his own vehicle.

"We were able to locate him, although it took a few weeks."

A second suspect was arrested in relation to the same incident earlier this month.

McKee faces charges of attempted murder, possessing, making or controlling explosives, and possession of a weapon or imitation for a dangerous purpose when he returns to the city.

KRISTA SYLVESTER / METRO CALGARY



Teen dies of H1N1

16-year-old had no underlying medical conditions: AHS

Flu Outbreak

KRISTA SYLVESTER krista@metronews.ca

Balloons will be released Monday in memory of a 16-year-old teen who died on Tuesday from H1N1.

Myles Cronkhite, 16, promised close friend Michael Gorbous he would release 200 balloons with 1,000 signatures into the sky and he is going to fulfil that pledge Monday.

"Michael was very well-liked and outgoing and he cared for other people more than he cared for himself," Cronkhite told Metro.

"He made me laugh a lot. He had a huge heart and cared about people easily."

Jennifer Shibley, friend

"I promised him I would send balloons to the sky and unfortunately now I have to follow through with the promise. I really miss him."

Alberta Health Services said the death brings the provincial toll to 65 and reinforces the importance of getting immunized.

"It's a sad situation and our condolences certainly go out to the family and friends of this individual," deputy medical officer of health Judy MacDonald told reporters.

Gorbous didn't have any

underlying conditions, according to AHS.

And Cronkhite agreed people should get immunized.

"I am shocked, it's really devastating. He was healthy and active, and if this can happen to him, it can happen to anyone. It's really scary," Cronkhite said.

While the Gorbous family declined to comment when contacted by Metro, friends and acquaintances shared memories and stories of their friend.

Jennifer Shibley said she remembered Michael as



having a contagious smile, and found herself smiling because he made her feel special. "He made me laugh a lot. He had a huge heart and cared about people easily and because of this, he attracted a lot of friends," she said.

"I will miss him very much."

The Gorbous family spoke out last month about the importance of getting the H1N1 vaccine when their son went into a medically induced coma at the end of October.

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P90729	2009	PONTIAC	G5	VICTORY RED	\$22,100	\$15,501	\$6,599	30%
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P90323	2009	PONTIAC	WAVE	CARBON BLACK	\$21,680	\$15,482	\$6,198	29%
P91139	2009	PONTIAC	MONTANA	COCOA	\$30,425	\$22,038	\$8,387	28%
P91153	2009	PONTIAC	G6	CARBON BLACK	\$30,015	\$20,838	\$9,177	31%
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P90967	2009	GMC	YUKON	STEEL GRAY	\$74,315	\$58,235	\$16,080	22%
P90939	2009	GMC	2500 PU 4WHL	SILVER BIRCH	\$47,915	\$35,097	\$12,818	27%
P91033	2009	GMC	2500 PU 4WHL	MIDNIGHT BLUE	\$52,900	\$39,768	\$13,132	25%

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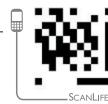
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Local

"Today's award recognizes the leadership role ... Calgary has taken on numerous environmental fronts"



Calgary Mayor Dave Bronconnier, after accepting the 'Reaching out to Global Energy Cities' award at the Copenhagen climate summit for mayors yesterday. The city was recognized also for its partnership with ENMAX.

METRO CALGARY

**Calgary tweets**

- @kasmrae Hm, I don't remember the last time I filled up my windshield wiper fluid. Murphy's Law says I'm about empty. #yyc
- @CiaraDaykin just found out that Cowboys in #Calgary is closing its doors for good after 14 yrs. city took over land they're currently on. end of legend
- @benmillen reading a local paper is a good reminder as to why i still read the globe-the local media confirms this is still a podunk resource town. #yyc
- @aldjohnmar shhhh don't tell anyone it's Ald Jim Stevenson's 65th Birthday #yyc #yyccc

metronews.ca

WHAT'S ONLINE TODAY

Video Take a tour behind the scenes at the Copenhagen climate conference at metronews.ca/world



Blogs Just in time for your holiday shindigs, Backbeat counts down his Top 10 drinking anthems

Lotteries

Lotto 6/49: 4, 22, 23, 46, 48 and 49 Bonus 18
These results are not official.

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Mountie returns from duty

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Cpl. Gary Hollender is greeted by his daughter Sarah Hollender and granddaughter Mackenzie Hollender, 2, yesterday at the Edmonton International Airport after returning from a nine-month deployment in Afghanistan as part of the Canadian Police Mission.

Fear of roadside bombs and landmines are no longer a concern for one Edmonton RCMP member after arriving back into Alberta yesterday.

An emotional reunion for Cpl. Gary Hollender and his family took place yesterday after his nine-month deployment in Afghanistan to assist in reforming the Afghan National Police (ANP) as a part of the Canadian Police Mission came to an end.

"You see small changes, you may not see them that day or that month but I was there nine months and by the end, you notice changes," said Hollender, a 13-year member of the RCMP who works with the Leduc Traffic Unit.

A tearful Hollender, surrounded by his family, described some of the dangers the members of this mission face on a day-to-day basis.

"It is like walking down

your neighbourhood street here and anything bad could happen," he said.

The constant fear of dangers lurking around each corner became a reality for Hollender when a vehicle only a few miles ahead of him was blown up. Three

Canadian Forces members were injured in that incident.

"Guys are getting hurt and guys are dying, some days you just don't know if it will be you," said Hollender.

But Hollender and his

wife, three daughters and granddaughter can rest easy this holiday season and celebrate his safe arrival home.

"It is always magical, but it's just extra special now that he's home," said Hollender's wife, Heather.

Six days left to grab vaccinations at H1N1 clinics

DARREN KRAUSE
daren.krause@metronews.ca

If you haven't got your H1N1 shot, and still want to get it at one of the city's mass vaccination clinics, you've got about six days left before they shut down.

Alberta Health Services announced that come Dec. 23, the last of the mass vacc clinics will cease operations — leaving the H1N1 immunization to doctors' offices and some pharma-

Clinic schedule

- Dec. 17: All clinics open from noon to 7 p.m.
- Dec. 18: All clinics open from 8:30 a.m. to 3:30 p.m. The Stampede grandstand clinic will close permanently Dec. 18
- Dec. 19: Clinics open from 8:30 a.m. to 3:30 p.m.
- Dec. 20: Closed
- Dec. 21 to 23: Remaining clinic open from noon to 7 p.m.
- For more information visit albertahealthservices.ca.

cies.

Deputy medical officer of health Dr. Judy MacDonald said with the holidays near, many people may be considering the vaccine, in

order to avoid any unnecessary "gifts" over the holidays.

"With children out of school and families taking time off, now is an excel-

lent opportunity to get yourself and your children immunized against influenza," MacDonald said.

MacDonald did say a third wave of H1N1 is expected in the new year, and Albertans should still look at vaccination as a responsible level of prevention.

In response to the H1N1-related death of a Calgary-area teen, MacDonald did say it's possible there could be a rise in people headed to local clinics.

m.metronews.ca



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CalgaryObits.com notes the following deaths in our community:

BINDER, Judy Jean (nee Croissant)
CHEPIL, Scott William Matthew
CHERPAK, John William
DAOUST, Paul Ernest
DECOSTA, Rita (nee Bertoia)
DYLER, Glenn
FUNK, Henry
GRAHAM, Amelia (Amy) Cecelia (nee Selinger)
GRANT, Dorothy Jean
HANSEN, Genevieve Olivia Bertina
HODSON, Brian William
IZZO, Pietro
KNIGHT, Viola (McKay)
LACHAPELLE, Ed
LUTZ, Ernest James (Jim)
MAGLIS, Roy Gordon Joseph
MALLARI, Isabel Nonato (Bellie) (nee)
MOODIE, William
NELSON, Clyde Tom
RABBIT, Flora (Nonna)
RAFFAY, Margaret
RAHILLY, Donald Hugh
SEIB, Eva (nee Petrowicz)
SHELLEY, Helen Winnifred (nee Larter)
SMITH, Anne (nee Conway)
WATSON, James C. (Jim)
WHITLOCK, George Walter
ZAUGG, Carolyn Else

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CalgaryObits.com

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Stolen bus found in Wetaskiwin

A specialty bus stolen from a small bus company in Calgary has been found in Wetaskiwin, say RCMP. Officials are investigating how it got there. **METRO CALGARY**

Youth, cops on spree

Officers, kids paired up for holiday shopping

KRISTA SYLVESTER
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Some students were shopping for their families, some for their friends, and some for themselves. One was even shopping for her cat.

Regardless of who they were buying for, 27 junior high students were shopping with a \$200 gift certificate and a police officer shopping chaperone during the fourth annual CopShop at Marlborough Mall.

Police Chief Rick Hanson kicked the shopping spree off by thanking the officers and the mall and was excited for the students to have the opportunity.

"It's a great way to build bridges with the youth and overall it's nothing but fun," Hanson said. "All these kids had to do something good over the course of the year to be here ... and it's nice for the kids to be recognized and appreciated for doing good to others."

Daisy Pinebird, 14, was excited to shop for her two older sisters.

"I might also buy myself a pair of jeans or clothes of some sort. I think this is just a lot of fun to get out of



Const. Tracey Davis helps Daisy, 14, pick out some new clothes at the fourth annual CopShop event held by the Calgary Police Service and Marlborough Mall where officers are paired up with junior high students with outstanding contributions to the community.

SunnySide ☀

school and shop; I'm glad to be here," she said.

Another student, Michaela Cook Paul, was excited to shop for her family and for her cat.

"I love my cat and spoil my cat, so I will probably get him some stuff, even

though he is kind of annoying sometimes," she added.

Const. Tracey Davis said she was happy to be involved because of the smile on the kid's faces.

"Sometimes Christmas can be a really tough time of year for some and for some of these kids, it's their first or only time to shop for their families," she said.

Apartment vacancy rate doubles

A once-hot apartment rental market in Calgary has cooled off significantly over the past year — with vacancy rates rising and rents dropping for the first time in over a decade.

The Canada Mortgage and Housing Corporation's fall market survey stated the apartment vacancy rate more than doubled in Calgary, leaping to 5.3 per cent in October 2009, up from 2.1 per cent in October 2008.

Rents also took a tumble, dropping nearly five per cent over the past year, as the CMHC noted the average cost of a two-bedroom apartment dropped

Highest rates

- Downtown 8.3%
- Beltline 8.1%
- Northeast 10.3%

SOURCE: CMHC

to \$1,099 from \$1,148 last year.

Richard Cho of the CMHC said several factors, including lower migration, rising unemployment and homeownership affordability have triggered a higher vacancy rate and potentially lower rents.

"As a result, some property owners have offered incentives and rental rate reductions in an attempt

to attract new tenants and keep existing ones," Cho said.

Gerry Baxter of the Calgary Apartment Association said they've noticed the same trend though he believes the actual vacancy rate might be slightly higher — between five to seven per cent.

"It's pretty bad out there from a landlord's perspective, at this time," said Baxter, noting many landlords are offering reduced rates and incentives.

"It's a very competitive business. You can't run a business with an empty building."

DARREN KRAUSE/METRO CALGARY

Calgary in brief

PHONE HOME Bow Valley College and TELUS joined forces yesterday to offer 60 of BVC's international students the chance to call home during the holidays — for free. Students from Ethiopia, Uganda, Sudan, Russia, and Afghanistan enrolled in the English language training program, are just a few representatives of the countries students will be calling. This is the fourth year of the TELUS Call Home project, and the second in

Calgary. To date 45 students in 26 countries have been connected.

FUNDING The Applewood Park Community Association will be well on their way to scheduled improvements to playgrounds, pathways, skating rinks, tennis courts and a fitness circuit in their community after the federal government pledged \$421,273 to upgrade their amenities as a part of the RInC program.

SCAM The RCMP Calgary Com-

mercial Crime Section is warning of a scam that invites potential victims to participate in a scheme where they can receive a "windfall of cash." The "Black Money" scams are called that because victims are told the money has a black ink that needs a special cleaning solution to remove the ink.

The "solution" can cost victims up to \$50,000 — and the "money" is usually a black piece of construction paper, police said.

METRO CALGARY

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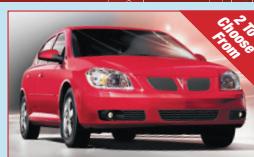
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**UNDER
CONSTRUCTION**

A Calgary man was sentenced to four years in prison for aggravated assault for cutting his roommate across the face with a knife in 2008. Ahmed Bashir Ali was also given an additional five months for breaching previous court orders. METRO CALGARY



Members of Husky Energy Inc., Inn from the Cold, CUPS Health & Education Centre, and Awo Tann Healing Lodge all gather around a mountain of toys at Husky's second annual Children's Giving Tree.

Record-setting generosity

Local charities receive largest donation of toys yet from Husky Energy

KRISTA SYLVESTER
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It's beginning to look a lot like Christmas.

Smashing last year's Children's Giving Tree record of 500 toys, this year Husky Energy Inc. made a new record with over 1,100 gifts to donate to several local charities

for families and children, according to Husky CEO John Lau.

The toys and gifts are being donated to Inn from The Cold, CUPS Health and Education Centres and Awo Tann Healing Lodge.

"This is a huge effort and makes a huge difference to so many people who need it. This really goes to show what a community can ac-

complish with their hearts and souls," Inn from The Cold executive director Yvette Rasmussen said.

"I think this is really great and it shows that the community cares and really makes a difference in the lives of children and a family when they can open presents Christmas day."

CUPS manager of fundraising Michelle

Cameron was also touched by the outpouring of support from those who raised the money for the gifts.

"Last year we were able to help 240 families with the support of the community and this Christmas we can do the same and there is double the gifts," she said of the second annual event.

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the Bay



Protesters hold a sit-in at Stephen Harper's Calgary office.

Climate activists hold sit-in at Harper's constituency office

DARREN KRAUSE
darren.krause@metronews.ca



ENVIRONMENT For the second time in Calgary, protesters settled their bottoms in a politician's office — only this time it was the constituency office of PM Stephen Harper.

At one point nearly 20 people were huddled in the hallway and waiting area of Harper's Glenmore Landing office.

Joel Woodhouse, who wanted to be referred to as "a Canadian citizen," said the group was there to make a point.

"What's going on in Copenhagen, a lot of Canadians aren't satisfied with Stephen Harper and his action over there in representing Canada," said Woodhouse.

The group presented a document that asked the prime minister to either sign on to aggressive climate change measures, or resign.

Woodhouse commented on recent climate change documents that suggest developed nations such as Canada should contribute two per cent of GDP for third-world or developing nations, saying he'd be glad to pay the price — which could be as high as \$3,000 per family by some estimates.

"Nobody wants to give up what they're making," said Woodhouse.

"But, I would be happy to contribute that money. Especially living the kind of life we have the luxury of living in North America."

The sit-in started around 9:30 a.m. and ended around 2:30 p.m. when the protesters decided to head home.

Some of the same protesters were also at a sit-in at MP Jim Prentice's office on Nov. 23. Seven people were arrested in that protest.

News in brief

FUNDING Eight research proposals at the University of Calgary received a combined \$2.5 million from the Canada Foundation for Innovation, the school said yesterday. Five of the projects were from the Faculty of Science, two from the Schulich School of Engineering and one from the Faculty of Medicine. "Investments from the Canada Foundation for Innovation are crucial as we continue to attract and retain world-class researchers," said Vice-President (Research) Dr. Rose Goldstein.

BONDS The Alberta government says money raised from a new issue of capital bonds could be used to build group homes for the disabled and long-term care facilities. Albertans will have to wait until February to find out the size of the bond issue, and Premier Ed Stelmach said Albertans would know in advance which hospitals, schools and other public projects would be built with the money raised. The expected sale period for the new capital bonds will be from Feb. 16 to March 1. METRO CALGARY

Court rules against Bell ad claim

Rogers Communications Inc. says a B.C. judge has ruled that Bell Mobility's claim it has Canada's most reliable network is false and misleading and has called for immediate removal of all advertising containing the statement. **THE CANADIAN PRESS**

Canada



Arrest made in cold case

Police in Kingston have arrested a Winnipeg man in a decades-old murder case. Joseph Clifford Edward Langford, 66, has been charged with non-capital murder over the death of Kingston resident Marshall Augustus Matier, 64, whose body was found behind a building in 1970.

THE CANADIAN PRESS

Colvin blasts Tories in letter to Commons

New allegations in Afghan torture debate

Canada stubbornly refused to monitor Afghan prisoners, some of whom disappeared into unofficial "black site" jails, until public attention left it no choice, diplomat Richard Colvin claims in a stinging letter filed with a House of Commons committee.

The 16-page, point-by-point critique of testimony and public claims by federal officials is laced with several new allegations that will no doubt feed the political wildfire burning over the prison torture issue.

The intent of the letter, delivered yesterday to the special committee on

tor prisoners, Colvin wrote.

But the advice was rejected by the senior federal official in charge of the Afghan file, David Mulroney, who is now the ambassador to China.

"In our one page memo, we suggested that Canada should negotiate a new detainee (memorandum of understanding), set up an effective monitoring mechanism, and try to reduce the number of detainees taken," says Colvin's letter.

"Mr. Mulroney replied within hours to reject our advice, instructing us instead to implement the contingency plan."

THE CANADIAN PRESS

Outcry

- The public outcry over the torture allegations forced the Conservative government to sign a new, stricter deal with the Afghan government on May 3, 2007.

Afghanistan, was to rebut critics who've tried to tear apart his claims of abuse in Afghan jails and what Canada knew about it.

On April 24, 2007 — one day after allegations of torture were published in Canada — the Canadian Embassy in Kabul recommended a system to moni-

Ontario Survivor carries the flame



Sixteen-year-old Jack Prins, a survivor of childhood cancer and spokesperson for the Sick Kids Foundation, runs the final 300 metres to light the cauldron as the Olympic torch relay arrives in Lindsay, Ont., yesterday.

PETER MANDL/TORONTO STAR

Harper to join climate talks today

DENMARK Violent protests and deadlocked talks await Prime Minister Stephen Harper in Copenhagen as climate negotiations threaten to unravel in their final hours.

Harper will join 192 other world leaders today at the United Nations conference in an effort to seal some kind of a deal.

But with scant few hours until the summit's close, the chasm between countries rich and poor seemed wider than ever.

THE CANADIAN PRESS

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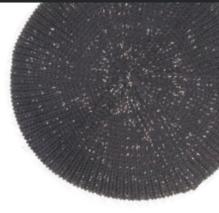
Naomi Klein's *No Logo* and Cormac McCarthy's *The Road* listed among Canadian authors' favourite books of the decade. Scan this barcode for the full article.



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87 cancer test errors found: Study

Irregularities led to improper treatment

A new study says nearly 40 Quebec women with breast cancer received improper treatment since last year because of testing irregularities — and five of them died.

The provincial study arrived yesterday as a followup to a report that cited problems with Quebec's screening practices.

Quebec Health Minister Yves Bolduc ordered the review in June.

He asked for thousands of cancer tests to be redone after an extensive study suggested there were problems with Quebec's screening process.

The original study by Dr. Louis Gaboury, head of the Quebec Association of Pathologists, examined almost 3,000 breast-cancer tests conducted over 14 months starting in April 2008.

Out of 2,856 exams re-

"Our laboratories are of a very high quality. Our results in pathology, in Quebec, are world-class."

Yves Bolduc, Quebec health minister

viewed, 87 errors were found in the test results.

The new provincial study, released yesterday, confirms 39 cancer sufferers failed to receive the proper care.

Bolduc said there was no proof the five deaths were caused by improper treatment. He said that mortality rate was normal for cases of breast cancer.

The health minister also defended the quality of breast-cancer tests in Quebec, saying the error rate fell well below what he described as the 10 per cent norm for such screening.

"Our laboratories are of a very high quality," the min-

ister said. "Our results in pathology, in Quebec, are world-class."

The government says that test results can vary as much as 20 per cent from one lab to another.

Bolduc declined, however, to explicitly rule out the possibility that insufficient care might have caused any of the deaths. He said the families of the five victims are being contacted.

Quebec's College of Physicians said it was satisfied with the government's handling of the issue.

In North America, one woman dies from breast cancer every 12 minutes.

THE CANADIAN PRESS

Vancouver Anti-Olympic mural



A man walks past an anti-Olympic mural hanging on the outside of a gallery in the Downtown Eastside of Vancouver yesterday. The mural reappeared this week after the city ordered its removal earlier in December.

Seeking Olympic families

GAMES Hundreds of mothers and fathers, brothers and sisters will be in Vancouver cheering on Canada's Olympians at the 2010 Winter Games.

Petro-Canada is looking for a couple of families to tell their stories.

Through Petro-Canada's Family Correspondent con-

test, two individuals, along with a family member each, will be chosen to go to Vancouver where they'll chronicle the activities of athletes' families via Twitter, Facebook and YouTube.

Contestants must submit a 30-second video to facebook.com/dreambig.

THE CANADIAN PRESS

Air India report due next year

INQUIRY The final report from the federal inquiry into the 1985 Air India bombing that killed 329 people is complete, and should be released early next year.

The commission says the report, which is now being translated, will be published in five volumes totalling more than 3,000 pages. Commission staff reviewed more than 17,000 classified government documents and tens of thousands of documents in an RCMP database on the investigation.

The inquiry headed by retired Supreme Court of Canada justice John Major wrapped up its public hearings in February 2008.

THE CANADIAN PRESS

News in brief

KHADR Canadian Omar Khadr will be among about 100 Guantanamo detainees who U.S. officials say will be transferred to a prison in rural Illinois, but his lawyers say they aren't celebrating.

THE CANADIAN PRESS

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Min, CRTP graduate

Tories still show poll lead

Stephen Harper's Conservatives are still ahead, a new poll suggests, with **canada 9**
Tories at 34 per cent, Liberals 28, 14 for the NDP and 13 for the Greens. THE CANADIAN PRESS

Charest's 'hard reality'

Says provinces may snub any Ottawa climate deal

Quebec Premier Jean Charest injected some "hard reality" into the climate discussion yesterday.

He warned any deal the federal government concludes at the Copenhagen climate talks could be ignored by the provinces if it's deemed too weak.

While Canada might put its signature to an accord in Copenhagen, it would mean little if the provinces disagree with Ottawa's plan, Charest said at the UN conference yesterday.



Quebec Premier Jean Charest warns Ottawa over climate.

Some provinces have been sharply critical of Ottawa's plan and say the



federal government has ignored their calls to toughen what they call weak emission-reduction targets.

"In Copenhagen, the federal government has the power to sign treaties, but it doesn't have the power to bind provincial governments to them," Charest said. "That's the Canadian reality, and it's a hard reality," he added.

THE CANADIAN PRESS

Canada's gang czar jailed for 30 years

CRIME A man who parlayed a group of rough friends, a disdain for the Hells Angels and what prosecutors describe as "laudable organizational skills" into one of Canada's most notorious gangs has been sentenced to 30 years in prison.

Clay Roueche appeared

yesterday for sentencing before U.S. District Judge Robert Lasnik in Seattle.

The judge said he was convinced Roueche "took orders from no one" in his position atop the violent United Nations gang — so called because it welcomed all nationalities.

THE CANADIAN PRESS

Mitten program a hands-down hit

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THE CANADIAN PRESS

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10 canada

Thursday, December 17, 2009

Retirement? What retirement?

The Royal Bank, Canada's largest, says 32 per cent of Canadians have not started saving for retirement yet, compared to 24 per cent in 2008. **THE CANADIAN PRESS**

A lobsterman's lament

Life's not going swimmingly ... when he's selling at \$4 a pound

Drew Smith is 50 years old and \$100,000 in the hole.

The burly lobster fisherman from Woods Harbour, N.S., is struggling to make ends meet because the price he gets for his catch at the wharf is hovering around \$4 a pound — about a dollar below his break-even price.

The reason?

About 80 per cent of the lobsters landed in Canada are exported to the United States.

And there, the lingering recession has reduced the appetite for lobsters, long considered a luxury dish.

That's why Smith and many other Nova Scotia lobstermen from the province's south shore are loading up their trucks and



The lingering U.S. recession has hit lobster sales, fishermen say.

heading to Halifax, where the shellfish are sold on the roadside for about \$5.50 or \$6 a pound.

"It's not that I want to do this, but I'm forced to this year," Smith says as he takes a break from selling

lobsters in a Canadian Tire lot in suburban Dartmouth.

"I'm behind in boat payments, insurance and a lot of bills."

Still, the market is better than it was last year, when prices bottomed out at just over \$3.

"We're all paying for bills we couldn't pay for last year," says Smith. "It's just impossible. And some guys have lost their rigs."

Smith operates a 14-metre boat appropriately named Major Expense No. 1.

He recalls five or six years ago when lobsters were selling for \$6 or \$7 per pound in the days before Christmas.

THE CANADIAN PRESS

Man upset over job program sues for \$100,000

NOVA SCOTIA A man originally from the United Kingdom has launched a lawsuit against the Nova Scotia government over a failed program that was supposed to pair new im-

migrants with on-the-job training.

The proposed class-action suit was filed on behalf of Peter King, who moved to Halifax in 2006 after shelling out \$130,500

for the program.

King, who alleges the Nova Scotia government breached its contract with him, is seeking \$100,000 plus interest and damages.

THE CANADIAN PRESS

News in brief

GAS LEAK The main road into the Alberta hamlet of Lodgepole was closed after sour gas escaped from an oil well. Officials say trace amounts of the gas have been detected. **THE CANADIAN PRESS**

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Prosecutors say they won't file criminal charges against two Missouri women's basketball players accused of beating up a male cheerleader. Leading scorers Amanda Hanneman and Jessa Johnson were arrested five days ago on suspicion of assault after the cheerleader said he was beaten up by the pair. Coach Cindy Stein suspended the players the following day. THE ASSOCIATED PRESS

World



Chihuahua surplus blamed on celebs

California has more chihuahuas than it can handle, and it has Hollywood to blame. Chihuahuas make up 30 per cent or more of the dog populations at many California shelters. And experts say pop culture is to blame, with fans imitating chihuahua-toting celebrities like Paris Hilton and Miley Cyrus, then abandoning the dogs. The problem appears to be specific to California — shelters elsewhere would love to share the wealth, said Gail Buchwald, senior vice-president overseeing the ASPCA adoption centre in New York City. THE ASSOCIATED PRESS

Iran fires most advanced missile

TEHRAN Iran yesterday test-fired an upgraded version of its most advanced missile, which is capable of hitting Israel and parts of Europe, in a new show of strength aimed at preventing any military strike against it amid the nuclear standoff with the West. The test was the latest version of Iran's longest-range missile, the Sajil-2, with a range of about 2,000 kilometres. That range places Israel, Iran's sworn enemy, as well as U.S. bases in the Gulf region, well within reach.

Iran has repeatedly warned it will retaliate if Israel or the U.S. carries out military strikes against its nuclear facilities, at a time when the U.S. and its allies accuse Tehran of seeking to develop a nuclear weapon.

THE ASSOCIATED PRESS

Talks deadlocked, protests flare up

Police fired pepper spray and beat protesters with batons outside the UN climate conference yesterday, as disputes inside left major issues unresolved just two days before world leaders hope to sign a historic agreement to fight global warming.

Hundreds of protesters were trying to disrupt the 193-country conference, the latest action in days of demonstrations to demand "climate justice" — firm steps to combat global warming. Police said 230 protesters were detained.

Inside the convention hall, Venezuelan President Hugo Chavez echoed the protesters' sentiments: "If the climate was a bank, a



capitalist bank, they would have saved it."

Earlier, negotiators dealing with core issues debated until just before dawn without setting new goals for reducing greenhouse gas emissions or for financing poorer countries' efforts to cope with coming climate change, key elements of any deal.

In those overnight talks, the American delegation apparently objected to a proposed text it felt might bind the U.S. prematurely to reducing greenhouse gas emissions before Congress

acts. U.S. envoys insisted, for example, on replacing the word "shall" with the conditional "should."

Still unresolved are the questions of emissions targets for industrial countries, billions of dollars a year in funding for poor countries to contend with global warming, and verifying the actions of emerging powers like China to ensure that promises are kept.

THE ASSOCIATED PRESS



Scan this barcode for a daily video report from Copenhagen, or watch it at metronews.ca/world



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Dozens of needles found inside boy

BRAZIL A two-year-old boy has as many as 50 metal sewing needles inside his body and a doctor treating the boy said yesterday they were apparently stuck there one by one.

Dr. Luiz Cesar Soltoski told The Associated Press that surgeons hope to remove most of the needles — some as long as five centimetres — but because some are stuck in his lungs, they have to wait until the child's breathing improves.

Some cannot be removed; they are too close to vital organs or actually inside them, Soltoski said.

The boy's mother brought him to a hospital in the city of Ibotirama on Thursday, saying he was complaining of pain.

The mother told police she doesn't know how the



An X-ray shows the needles inside the boy.

needles got inside her son, but police have opened an investigation.

Soltoski said he believes the needles were stuck into the body one by one because it would have been impossible for him to swallow them. The boy is in intensive care, but Soltoski said his condition has improved.

THE ASSOCIATED PRESS

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14 world

Taliban to release video of hostage
The Taliban have announced they will release a new video of a captured U.S. soldier. THE ASSOCIATED PRESS

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priced at 9.99 & 19.99, Lands' End brand and currently advertised items.
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'09 deadliest year yet for journalists

The November massacre of 30 media workers in the Philippines made 2009 the deadliest year yet for journalists, according to a report to be released today.

The Committee to Protect Journalists, an independent press advocacy group, says at least 68 journalists were killed in 2009, a 60 per cent increase over 2008 when 42 deaths were recorded.

Until the November massacre in the Philippine province of Maguindanao, where 57 people including 30 journalists were killed, 2009 seemed likely to end with 38 killings — a lower death toll than the year before. The previous one-year

68 The number of journalists killed worldwide in 2009,

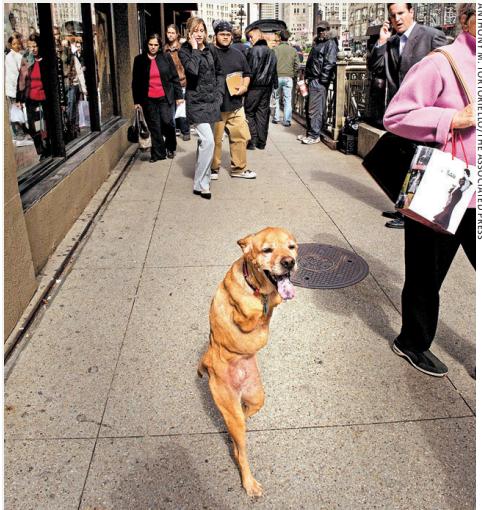
the most yet. Three-quarters were killed deliberately for their work, according to the Committee to Protect Journalists.

record was in 2007, with 67 killings.

Four journalists were also killed in Pakistan, making it the second most deadly country in 2009, followed by Russia where three journalists were killed. Two journalists were killed in both Mexico and Sri Lanka.

THE ASSOCIATED PRESS

Chicago Faith walks



Faith, a two-legged dog, walks on Chicago's Michigan Avenue. The dog has become an inspiration for people, including soldiers, as she travels around the U.S.

Tiger, Elin headed for divorce, reports say

FLORIDA Tiger Woods's wife is planning to divorce him after Christmas, a number of U.S. media outlets reported last night.

Photos this week show Elin Nordegren, 29, near the couple's home in Windermere, Fla., not wearing her wedding ring.

"She plans to leave Tiger," an unnamed source close to Nordegren told People magazine.

The media outlets all quoted unnamed sources, but they all pointed to the same thing: Divorce. ABC News also quoted a source as saying:

"Divorce is 100 per cent on. She's not rushing to divorce, however. She wants all the dirty laundry to be out on the table before she signs anything."

The couple married in 2004 and have two children.

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metro

Thursday, December 17, 2009

16 world

Gruesome discovery
Mexican prosecutors say the severed heads of six police investigators have been found in the northern state of Durango. **THE ASSOCIATED PRESS**

Whites not majority in U.S. by 2050: Study

Census Bureau revises population projections

The estimated date when whites will no longer make up the majority of Americans has been pushed back by eight years, to 2050, because the recession and stricter immigration policies have slowed the flow of foreigners into the U.S.

U.S. Census Bureau projections released yesterday update last year's prediction that white children would become a minority in 2023 and the overall white population would follow in 2042. The earlier estimate did not take into account a drop in the number of people moving into

the U.S. because of the economic crisis and the immigration policies imposed after the 9/11 attacks.

The United States has 308 million people today; two-thirds are non-Hispanic whites. The total population should climb to 399 million by 2050, under new projections, with whites making up 49.9 per cent of the population.

The point at which minority children become the majority is expected to have a similar delay of roughly eight years, moving from 2023 to 2031.

The population 85 and older is projected to more

According to new projections by the U.S. Census Bureau, this is the expected makeup of the U.S. in 2050, when the population will be 399 million:

49.9% White

28% Hispanic

12.2% Black

6% Asian

than triple by 2050, to 18.6 million people.

THE ASSOCIATED PRESS

Microsoft allows choice of browsers

ANTITRUST European customers will get a choice of web browsers after Microsoft struck a deal to avoid an antitrust fine. The deal announced yesterday ends all current charges brought by European Union regulators.

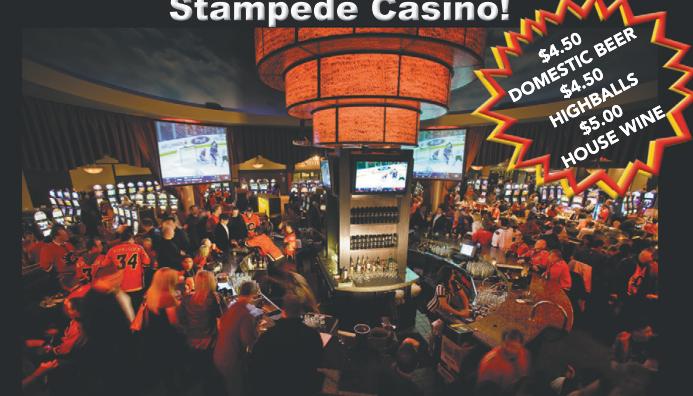
Beginning in March, Microsoft will provide a pop-up screen to European users of its Windows operating system, asking them to choose one or more of five major browsers, including Google Inc.'s Chrome. **THE ASSOCIATED PRESS**

News in brief

BODY The body of an 87-year-old woman remained in a bed for up to eight months though caretakers paid daily visits to the house and kept it tidy, North Carolina authorities said yesterday. The cause of death is being investigated.

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Comment

Parties unravel mysteries

Relating**Sofi Papamarko**

A co-worker recently told me that he wasn't sure if I was an introvert or an extrovert. I replied that I was still trying to figure it out.

We're all social chameleons. The way we act around our colleagues is very different from the way we act around our friends. Due to prescribed expectations, we don't generally have the opportunity to get to know our co-workers until we're outside the restrictive office environment.

Enter: The office Christmas party.

At a recent holiday shindig for a company I freelance for, a buzzed

colleague and I bonded over our mutual infatuation for music from the 1960s. I met the sparkling, chatty fiancée of a quiet co-worker. And I gaped in awe as a respectable higher-up dropped to his knees during Boney M's Rasputin and proceeded to entertain us with some scarily proficient Russian dance moves.

What. In. The. Heck?

Who are these people

that we spend so many of our waking hours in the presence of? We know their names, their positions and what they eat for lunch, but their personal lives, preferences and real personalities are, for the most part, a mystery. That is until it's time to party!

"At parties, some people believe that the normal rules that govern the identities they have negotiated with one another are relaxed," explains social psychology Prof. William B. Swann. "The boss who is ordinarily chilly with her subordinates may feel that she can warm up, or co-workers who are normally competitive with one another may be persuaded to ignore this and try to relax and enjoy one another. Alcohol can exaggerate these tendencies by lowering social inhibition and making people more open to ex-

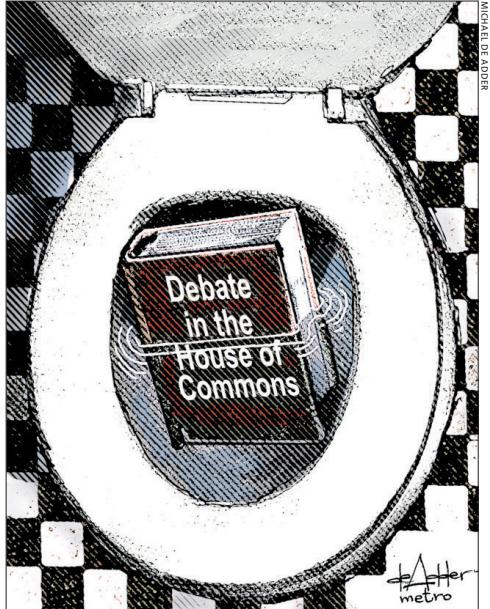
perimenting with identities that they would not dream of assuming while sober."

But mistletoe and tumblers of extra-special eggnog among co-workers is potentially problematic.

"The downside of suspending the identity negotiation process for parties is that it can be difficult to revert back to the original identity," says Swann. "This will be particularly true if the party atmosphere encourages us to reveal something that could poison a relationship (e.g., hostility or inappropriate attraction)."

True, you may never look at Janice from accounts receivable in the same way ever again (cheap drunk, opera hobbyist), but anything that reveals the humanity of those around us probably isn't such a bad thing.

Sofi Papamarko is a 20-something writer based in Toronto. Her heroes include Desmond Morris and Nancy Sinatra.

**Worth mentioning**

Ancient climate study points to sea level rise

Global warming in this century might raise sea levels more than expected in future centuries, says a study that looked at what happened at a time when Neanderthals roamed Europe.

Unless global warming is curbed or expensive measures are taken to hold back rising water, the projected sea level rise could submerge about one-third of Florida, southern Manhattan, much of Bangladesh and almost all the Netherlands, for example, researchers said.

An expert praised the work but cautioned that such projections can't be made with precision.

Earth naturally alternates between ice ages and

warmer times, due to changes in the tilt of the planet and its orbit around the sun. It is now in a warmer spell that began some 10,000 years ago. But scientists say man-made, heat-trapping gases are driving the warming beyond the natural amount.

Warmth can raise sea levels by expanding water volume and melting huge sheets of ice in Greenland and Antarctica. To get an idea of what future warming might do to sea levels, scientists at Princeton and Harvard universities looked at Earth's last warm period, which peaked some 125,000 years ago, sometimes called the Eemian stage.

THE ASSOCIATED PRESS

Views

What is Barbie wearing under her burka?

GlobalView**Mona Eltahawy**

metronews.ca/globalview

Authenticity has never been Barbie the doll's strong suit. It's estimated that if she were lifesize, she would tip over because of the size of her breasts.

So I shouldn't be surprised that as part of the 500 international outfits designed to mark Barbie's 50th birthday — yes, she's that old but doesn't she look good for her age — "Muslim" Barbie is wearing a burka.

As a Muslim woman, I am sadly all too familiar with the media shorthand for "Muslim" and

"woman," equalling Covered in Black Muslim Woman. This being Barbie though, the burka isn't in forbidding black. Italian designer Eliana Lorena, who made the outfits for an auction Sotheby's is holding to collect money for Save the Children, instead made Muslim Barbie's burka vermillion and lime green!

What will the Taliban say?

What on Earth are little girls supposed to do with Burka Barbie? More intriguingly, what is Barbie wearing under that lime green burka? I was at a loss until I came across an ad by German lingerie company Liaison Dan gereuse.

A woman steps out of the shower into stilettos (because they're the first thing a woman wears after

showering, of course). She stands nude at her mirror to apply makeup, followed by lingerie, on top of which she throws a burka (black, not lime green though). The clip ends with the tantalizing line "Sexiness for everyone. Everywhere."

That's more like the Barbie we've known for 50 years! So, are Burka Barbie and Liaison Dan gereuse in some kind of marketing cahoots?

The final piece of the puzzle came when the BBC reported that on the Saudi religion channel Awtan TV women presenters are dressed from head to toe in a black niqab. (The burka has a mesh where the eyes are, the niqab leaves the eyes uncovered.)

Eureka! Those Burka Barbies

must be spinoffs for those women presenters, one of whom told the BBC that wearing the niqab helps her to concentrate more on her work and what she looks like is irrelevant. It begs the question why she didn't choose radio instead, but, hey, I'm still trying to figure out this Burka Barbie business.

Apparently, fans of these women in black from head to toe — gloves included — urge them to stay just the way they are. Little did Ms. Lorena realize that she was actually supplying a demand most of us never knew existed — Burka Barbie TV Presenter!

I never was one for dolls.

Mona Eltahawy is an award-winning Egyptian-born commentator and public speaker on Arab and Muslim issues. She reported on the Middle East for 10 years before moving to the U.S.

Go Green

Unless global warming is curbed

or expensive measures are

taken to hold back rising

water, the projected sea lev-

el rise could submerge about

one-third of Florida, south-

ern Manhattan, much of

Bangladesh and almost all

the Netherlands, for exam-

ple, researchers said.

An expert praised the

work but cautioned that

such projections can't be

made with precision.

Earth naturally alternates

between ice ages and

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The percentage of Cana-
dians who would choose
their mother over a celebrity
to take to a movie premiere.



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Playboy falls on NYSE over sale concerns

Playboy Enterprises Inc., owner of the namesake magazine, fell in New York Stock Exchange **19** trading on concern that talks about a sale to Iconix Brand Group Inc. are collapsing. THE ASSOCIATED PRESS

Business

EDITOR: FERMIN.DESOUZA@METRONEWS.CA

Don't get seduced, Carney cautions

BoC governor gives warning to avoid credit risks

Bank of Canada governor Mark Carney issued a caution to Canadians and the chartered banks yesterday: Interest rates are going up and they should take care not to get caught out.



more debt even during the recession, which is unusual, Carney said.

But while Canadians may be able to afford the added debt burden now when interest rates are at historic lows, they may get caught short when rates return to more normal levels.

"The combination of sustained growth of household debt relative to income and a rising interest rate environment could increase the vulnerability of households to an adverse shock," he said in notes on

the speech released by the central bank in Ottawa.

Carney did not say when he expects interest rates to start rising, although economists believe he will make his first move on his lower-bound 0.25 per cent policy rate in mid-2010.

It is not the first time Carney and the central bank have voiced such concerns, most recently last Thursday in the central bank's semi-annual Financial Systems Review, which cited household debt as the No. 1 risk factor to Canada's economic well-being.

THE CANADIAN PRESS

Canadians have taken on

Solar DIY A bright idea



Lowe's employees stock the first do-it-yourself home solar panel system by Andalay at a Lowe's in an L.A. suburb yesterday. The panels convert solar power into electricity that can be used to power a home. If the solar panels produce more electricity than what is needed to run a home, the excess can be sold to the local electric company.

Wind Mobile blows into Canada

PHONE Wireless provider Wind Mobile launched its cellphone and data service yesterday, bringing a new player and more competition into the already hotly contested cellphone market.

Wind, owned by Yak long-distance provider Globalive, opened 18 outlets in the Toronto area, with plans to open more later this week in Calgary and in Vancouver, Ottawa and Edmonton in the new year.

THE CANADIAN PRESS

Business in brief

STAYING HOME Travel by U.S. residents to Canada fell 2.6 per cent between September and October to 1.6 million trips, the first decline in travel by Americans to Canada in four months.

PERSON OF THE YEAR Federal Reserve Chairman Ben Bernanke was named Person of the Year by Time magazine today for leading the "most-powerful, least-understood government force shaping our lives," Managing Editor Richard Stengel said. Bernanke, 56, the first Fed chairman to be chosen for the annual recognition, was

picked for his efforts to shepherd the U.S. out of the biggest economic slump since the Great Depression, Stengel said on NBC's Today show yesterday morning. METRO NEWS SERVICES



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Barbados	9.9 ¢	Greece	2.9 ¢
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China	2.9 ¢	Guyana	27.9 ¢
Ecuador	12.9 ¢	Honduras	15.9 ¢
El Salvador	9.9 ¢	Iraq	4.9 ¢
Jamaica	8.9 ¢	Israel	2.9 ¢
Jordan	3.9 ¢	Italy	2.9 ¢
Kenya	6.9 ¢	Russia	2.9 ¢
Kuwait	6.9 ¢	Saudi Arabia	3.9 ¢
Lebanon	9.9 ¢	South Korea	2.9 ¢
Libya	24.9 ¢	Sri Lanka	11.9 ¢
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Are things so bad for the Washington Wizards that they need coaching help from fans? ESPN.com is carrying a contest that asks readers to submit a diagram of an inbounds play the website says the "Wizards will try to use during a game." The deadline for submissions is Dec. 23. **THE ASSOCIATED PRESS**

Wizards letting fans design play?

Sports

EDITOR: DON.MCHOUILL@METRONEWS.CA

Sports in brief

BLUE JAYS The Roy Halladay blockbuster is now complete and the ace right-hander is no longer a Toronto Blue Jay. Halladay has been shipped off to the Philadelphia Phillies along with \$6 million US in exchange for three prospects. The Blue Jays dealt one of the players — outfielder Michael Taylor — to the Oakland Athletics for infield prospect Brett Wallace. Staying with the Blue Jays are pitcher Kyle Drabek and catcher Travis d'Arnaud.

THE CANADIAN PRESS

SCOREBOARD

NHL

YESTERDAY'S RESULTS
Ottawa 2 Buffalo 0
Phoenix 4 Toronto 3
Carolina 5 Dallas 3
Florida 4 Atlanta 3
New Jersey 2 Montreal 1
N.Y. Islanders 2 N.Y. Rangers 1
Chicago 2 St. Louis 0
Anaheim 3 Vancouver 2

NBA

YESTERDAY'S RESULTS
Orlando 118 Toronto 99
Atlanta 110 Memphis 97
Cleveland 108 Philadelphia 101
Dallas 101 Oklahoma City 86
Indiana 101 Charlotte 98
L.A. Clippers 120 Minnesota 103
L.A. Lakers 107 Milwaukee 106 (OT)
New Orleans 95 Detroit 87
Utah 108 New Jersey 92
Denver 111 Houston 101
Washington at Sacramento
San Antonio at Golden State

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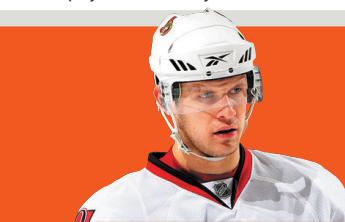
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Spezza out 6 to 8 weeks

Jason Spezza, left, will miss six to eight weeks with a torn ligament in his right knee, the Ottawa Senators said yesterday. An MRI Tuesday night revealed the damage to his medial collateral ligament. The forward suffered the injury during the third period of a 3-2 loss in Toronto Monday.

THE CANADIAN PRESS



Offence biggest question

World junior team seems to have shortage of scoring threats



Canadian national junior team member Taylor Hall yawns as he waits for the team photo with Jordan Caron, left, and Braydon Schenn, right, in Regina yesterday.

With so much firepower missing, the first question about Canada's team is where the goals will come from at the world junior championship.

After Jordan Eberle of the Regina Pats, who scored six times in as many games at last year's world juniors, and the dynamic Taylor Hall of the Windsor Spitfires, the team looks strong on two-way character forwards and less so on offensive flash and dash.

But the potential for goals is there, and one of the team's best weapons, power-play point man Ryan Ellis, is not worried.

"Eberle's got close to a goal a game and (Adam) Henrique's close to that in our league (the Ontario Hockey League)," Ellis said yesterday after final cuts were made at the Canadian team selection camp. "Hallsie's close to that and a few guys from the Quebec league as well."

"I don't think it's an issue, or ever will be in Canada. Everyone seems to think it's a problem, but I guess we'll see what happens."

Concern arose before the

camp when centre Cody Hodgson, who led the tournament last year in Ottawa with five goals and 11 assists, pulled out with a back injury.

The team was already without eight players still eligible for the under-20

tournament but who have graduated to the NHL — John Tavares, Evander Kane, Steven Stamkos, Matt Duchene, Ryan O'Reilly, Michael Del Zotto, James Wright and Tyler Myers.

With only a few of those

players, Canada would be considered a shoo-in for a record sixth straight gold medal when the tournament begins Dec. 26 in Regina and Saskatoon. Without them, the country's depth will be tested.

THE CANADIAN PRESS

NHL aims to add second outdoor game for Canada

It's been a long time since Canada looked this good to the NHL.

Ten years ago, commissioner Gary Bettman would come to the league's board of governors meetings and get besieged by questions about how the Canadian teams were going to survive. The conversation was

considerably different over two days in Pebble Beach, where the league gave indications it was looking to increase its exposure in the country.

The most notable piece of news to come out of the meetings was Bettman's acknowledgment that the league would like to create

a second outdoor game to be held in Canada next season. The NHL had looked at holding one at Calgary's McMahon Stadium this year, but couldn't make the timing work, according to the commissioner.

A game in the 2010-11 season would likely be played on CBC's Hockey

Day in Canada. Bettman said all six Canadian teams have expressed interest in participating in it.

"In the course of conversations, I think every one of the Canadian clubs has said either 'we want to host and be in it or at least be in it,'" Bettman said.

THE CANADIAN PRESS

Bengals receiver 'battling for his life'

Cincinnati Bengals receiver Chris Henry is "battling for his life" after falling out of the back of a pickup truck yesterday during what police described as a domestic dispute with his fiancée.

Henry was found in the road in south Charlotte "apparently suffering life-threatening injuries,"

according to Charlotte-Mecklenburg police. Police spokesman Robert Fey said officers were stationed near the 26-year-old Henry's hospital room. He had no information on Henry's condition, but said he was alive.

"We ask everyone to pray for Chris," agent Andy Simms of PlayersRep Sports said in a statement. "We also ask that you respect the privacy of Chris' family. Chris is indeed battling for his life tonight, and our thoughts and prayers (are) with him during this extremely difficult time."

THE ASSOCIATED PRESS

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HOLIDAY

Shopping Guide

SPECIAL FEATURES EDITOR: STEPHANIE.BOMBA@METRONEWS.CA

5 great gifts for the gadget-lover

RAFAEL BRUSILOW
for Metro Canada

Sometimes gadgets go beyond simple necessity and actually inspire the imagination with their creativity, practicality or cleverness. After all, what is great technology if not the truest example of human ingenuity?

Here are some of this year's coolest gadgets:

Savant starts at \$6,100

Remember all that talk years ago about being able to control things like the stove and air conditioner in all parts of



The Escort Entourage CIS powered by Blackline GPS is great for the true car lover.

The uCorder wearable camcorder, below, is small enough to carry around with you. The IlaDusk women's personal safety alarm, below right, is just \$29.

your home remotely? Well, it looks like that reality is finally more than hot air — behold the Savant, a unified console that can link to your wireless Apple device and lets you control all the important stuff in your home from one place, or even anywhere in the world. Yes, you can whip out your iPhone in Paris to turn down the heating in your empty Canadian condo. Pull up a picture of a particular room in your home and control things in that specific room like lights, security systems and

even your stereo system remotely. It's not cheap, but for the people drooling over it, price will probably be no obstacle to getting this thing.

uCorder wearable camcorder \$90-\$120

Tiny and convenient, the uCorder is a nifty little video camera small enough to actually carry around with you so you'll be ready to tape your next lecture, whale sighting or hilarious karaoke moment instead of just wishing you had brought your large clunker along. Measuring 3.5-inches tall, 1-inch wide and 0.5-inch thick, it's definitely one of the smallest video cameras around. It easily fits into a shirt pocket or clips to a lanyard and can even be pinned to clothing for your next bungee jump. Records in standard AVI or audio-only WAV file formats and available with 1 or 2 GB of memory.

Escort Entourage CIS powered by Blackline GPS \$399.95 + \$14.95 monthly subscription fee

For the true car lover (and worrier-abouter), the Escort Entourage CIS is a satellite-capable tracking device that lets you get a handle on where your car is at all times, track it remotely online or on your smartphone, and eventually send the authorities out to recover it. Tamper-sensing technology will alert you by email and text message if your car gets broken into or stolen, and you can then track its location in real time on Google Maps or Microsoft Earth. Pretty nifty for also keeping tabs on where your teenage son is actually taking the car when he says he's heading to the movies — and you can even tell how fast the car is being driven. Turn it on or off using your own wireless key.



The Savant is a unified console that you can link to your wireless Apple device to control all of the important stuff in your home from anywhere in the world.

For gals IlaDusk women's personal safety alarm \$29

Named after the Sanskrit goddess of speech, this alarm emits a high-decibel, piercing female scream when activated that is loud enough to disorient an attacker and command the attention of anyone nearby, to help prevent a sexual assault. Unlike other alarms, this one is stylish and sleek when it attaches neatly to a keyring or clipped to the outside of a handbag, meaning women will be far more likely to have it at

The Panasonic Pro-Curve 4-blade men's shaver can be used for wet or dry shaves.

hand when needed — which can make all the difference.

For guys Panasonic Pro-Curve 4-blade men's shaver \$399.99

For the guy who wants to pamper his face (and has the cash to do so), the Pro-Curve has four nano-technology shaped blades and can be used for wet or dry shaves with its wicked-fast 14,000 rpm motor. A built-in sonic vibration cleaning mode, pop-up trimmer, illuminated LCD screen, 45-minute continuous charge and ready for universal voltage (100-240V) no matter where you travel, despite the expense, it's hard to find a more capable and satisfying shaver.

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Holiday Shopping Guide

Music to their ears

KEITH CARMAN
for Metro Canada



Christmas shopping is fun but there's always the inevitable freak-out: What the heck am I gonna buy (insert Name Here)? Luckily, you've got music on your side.

For many, music is actually at the top of their wish list. With others, it's a safe, keep-on-giving bet ... provided you know their aural tastes. Regardless, navigating music store shelves can be daunting, with the thousands of albums released this year. That's why we here at Metro have compiled what we believe to be some of the strongest releases of 2009. Hopefully they'll give you ideas and your beloved audiophile endless holiday cheer.



Similarly, Irish rockers **U2** had their own chart-topper with 12th effort **No Line On The Horizon** (Interscope) and former grunge boys **Pearl Jam**'s ninth **Backspacer** (Monkeywrench) hit the mark as well.

Holding up the independent world, alt-country crooner **Neko Case**'s **Middle Cyclone** (Anti/Epitaph) simply rocked reviewers

Rockers will flip at AC/DC's collection Backtracks



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Pop

Britney, Beyoncé and Pink released albums in 2008, so this year has seen more touring than new music from the major pop sensations. Still, one could do worse on the PG Richter scale than to pick up **Hannah Montana**'s latest album **3** (Walt Disney Records). If your kids prefer her sans a.k.a., **Miley Cyrus**' **The Time of Our Lives** (Hollywood) was noted as a strong affair, as was **The Jonas Brothers' Lines, Vines And Trying Times** (Hollywood).

Rock

For beneficiaries above driving age, surf the rock section. Back for another instalment of anthemic radio tunes, **Bruce Springsteen** issued his 16th album **Working On A Dream** (Columbia), garnering a Number One slot on sales charts. Similarly, Irish rockers **U2** had their own chart-topper with 12th effort **No Line On The Horizon** (Interscope) and former grunge boys **Pearl Jam**'s ninth **Backspacer** (Monkeywrench) hit the mark as well.

Holding up the independent world, alt-country crooner **Neko Case**'s **Middle Cyclone** (Anti/Epitaph) simply rocked reviewers

and public alike, whereas brash garage rock revivalists **The Black Lips** scored with **200 Million Thousand** (Vice).

Extreme

As for metal, did **Metallica's Death Magnetic** (Elektra) reign supreme? Not exactly. It sold well, but in terms of value, rivals **Megadeth** out-met their colleagues with **Endgame** (Roadrunner). Still, they're both no match for thrash metal giants **Slayer** and ravenous, could-scare-the-heck-out-of-Stephen-King affair **World Painted Blood** (American). Back home, Toronto-based outfit **Sacrifice** returned from a 15-year silence to woo head-bangers universally with their newest **The Ones I Condemn** (Sonic Union).

A heartbeat away from metal, punk was just as active this year. There were a plethora of great records, but Winnipeg's political activists **Propagandhi** particularly



Bring your loved ones audio cheer.

nailed us to the wall on **Supporting Caste** (G7 Welcoming Committee), a rousing blast of expedient music with intelligent messages. On the lighter end of the spectrum, renowned

pop/punkers **Green Day** will bring smiles to the greenhorn/curious punk fans with their acclaimed rock opera **21st Century Breakdown** (Reprise).

Country

Is that special someone more line dance than head bang? No worries. Old country held its own this year: **Brooks & Dunn** (**Cowboy Town**, Arista Nashville), **Hank Williams Jr.** (**127 Rose Avenue**, Curb), **Rosanne Cash** (**The List**, Manhattan), **Randy Travis** (**Around The Bend**, Warner), **Reba McEntire** (**Keep On Loving You**, Starstruck) and **George Strait** (**Twang**, MCA Nashville) all released albums worthy of their legacies/kept up with the new coun-

try heroes who won't be mentioned here.

Box sets

Something a little more glamorous is necessary? Fear not. 2009 has some of the greatest repackaging in history. Rockers will flip their wig (pun hopefully not intended) at Aussie mainstays **AC/DC**'s **Backtracks** (Columbia), a collection of album and live rarities spanning their 35-year career, housed in an amplifier-shaped case and boasting too many bonuses to comprehend.

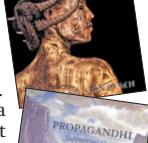
A jaw-dropping "wow" is inevitable with indie rock founders

The Pixies' debut box set **Minotaur** (4AD). It features 24K gold-plated CDs of their entire catalogue, video discs of performances and more. For the die-hard, a limited edition has all the music on vinyl, 72-page hardcover book and other

bonuses housed in, get this, a custom clamshell.

Not to be outdone, **The Beatles** have their own collection for the discerning music fan this year. **Stereo Box Set** (Apple/EMI) finds the Fab Four in, well, stereo. Each of their 15 studio albums has been digitally remastered/packaged with album art, liner notes, rare photographs and short documentary films. If that's a bit much, no sweat. Remastered versions of each album will also be sold individually.

These are but a few examples of 2009's wonderful onslaught of music for all tastes. Yet it might make navigating music store shelves — and employees — a little less stressful.



Black stripes and checks scarf by BOSS, \$145, at Harry Rosen.
For more, go to harryrosen.com. METRO NEWS SERVICES

Holiday Shopping Guide

Holiday hardware



DeWalt XRP V 18v cordless hammer drill, \$379, also has an LED worklight. Available at Home Depot (homedepot.ca) and Kent Building Supplies (kent.ca).



Porter Cable 18v lithium ion drill, \$199.99, comes with two Li-Ion batteries. Available at Canadian Tire, Lowe's and other home hardware centres across Canada.



Stanley 149-piece black chrome mechanics set, \$119, at Canadian Tire (canadiantire.ca). For more, go to stanleyhardware.com.



Craftsman Dual-Stage mid-frame snow blower, \$1,599.99, has power steering. Available at Sears (sears.ca).



Stanley 684-piece household kit, \$12.97, includes nails, screws, thumbtacks, and more. Available at Walmart (walmart.ca). For more, go to stanleyhardware.com.

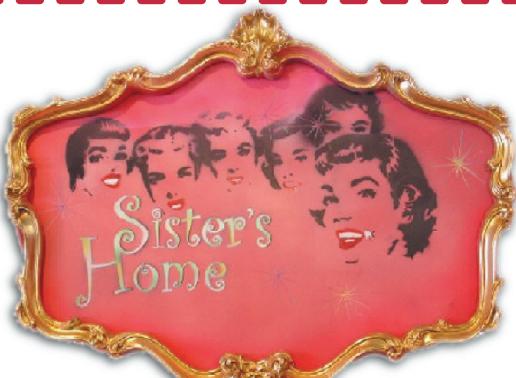
DeWalt 18" pro contractor's closed-top tool bag, \$49.99, features 14 interior pockets to ensure that every nut and bolt has a spot. Available at Home Depot (homedept.ca).



Black & Decker self-leveling laser with 3-in-1 stud finder, \$59.95. Available at Home Depot (homedept.ca).



Rigid 10" granite table top saw, \$899, features a granite stone top. Available at Home Depot (homedept.ca).



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Holiday Shopping Guide

The year's best in beauty gifts

JANINE FALCON
for Metro Canada



Smoother hair, stronger and longer lashes, brighter eyes, better skin — it's been a good beauty year.

Here's what's tops in 2009.

That what you consume can boost your beauty is a given, but busy lives and stress interfere with our good-eat intentions. **Genuine Healthy Skin Chocolate Soft Chews** (\$24.99/45 pieces) and **GlisODin Skin Nutrients Advanced Daily Formula supplements** (\$95/60 capsules) each significantly improves skin with nutrient-rich natural ingredients. For retailers, go to genuine-health.com and glisodin-skin.com.

The eco-responsible, silicone-free **Live Clean Exotic Nectar Moroccan Collection** strengthens hair and ramps up shine with argan oil and certified-organic olive and grapeseed oils. From \$6.99 at Shoppers Drug Mart.

Also making silicone-free waves in fuzz-free hair care and styling, the key **Living Proof No Frizz** ingredient, PolyfluoroEster, improves hair's own frizz resistance, and repels surface water, oils and dirt so you shampoo less often. Formulas target fine-to-medium hair, medium-to-thick hair and thick-to-coarse hair. Available for \$26 each at Sephora.



The cleverly woven **Upper Canada Body Sponge** shower puff has a loofah-style side to buff away dry skin. Available for \$5 at tweedandhickory.com.

Dove Deep Moisture Nourishing Bodywash takes steps toward more natural beauty care with moisturizing ingredients such as natural stearic acid, soybean oil and glycerin. Available for \$6.99 (354 mL) at drug stores.

Kiehl's Acai Damage-Repairing Skincare, the company's first 100 per cent natural-origin line, use the super-antioxidant organic acai berry to improve all aspects of the complexion. Available for \$35 to \$65 at Kiehl's boutiques; log on to kiehls.com for other retailers.

Lancôme Génifique Youth Activator Serum rewinds to less aged times by stimulating production of specific "youth proteins" to rejuvenate skin.



Oil-free cream-to-powder **Smashbox Camera Ready Full Coverage Foundation** contains silica beads to deliver a smooth, semi-matte finish that doesn't look heavy, and won't do the winter freeze-and-melt on your face. Available for \$44 at Shoppers Drug Mart and Sephora.

Deep, dark under-eye circles have a new hide-'em hero with **Conceal FX Camouflage Concealer**, which has a little orange in the mix to temper shadows without looking ashy. Available for \$27 at Shoppers Drug Mart and Sephora.

One of the biggest Google questions is, "What's the best makeup for my eye colour?" **L'Oréal Paris Wear Infinite Made for Me Naturals Eye**



Available for \$92 at drug and department stores.

Sensitive types get another wrinkle-fighting option — and a Canadian one, too — in **Cliniderm Anti-Wrinkle Cream**, which uses non-irritating peptide technology to reverse signs of aging. Available for \$50 at drug stores.

Physicians Formula continues to blaze the mass green trail with gentle and effective as well as biodegradable **Organic Wear 100% Natural Origin Facial Makeup Remover Towelettes**. Available for \$13.99 at Shoppers Drug Mart.

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Shadow Quads (\$10.95 each) and **CoverGirl Exact Eye Enhancers Shadows** (\$6.99) join

ccessful marriage of sophistication and affordability beauty junkies have seen so far. From \$4; go to joe.ca for locations.

The luxuriously emollient **Yves Saint Laurent Gloss Volupté Sheer Sensual Gloss Stick** is the year's most covetable for beauty-addicts everywhere. Available for \$35 at Holt Renfrew and The Bay flagship stores.

Accessible, eco-minded fragrance — how sweet the smell. Try these:



Roots Source Bamboo or Red Tea eau de parfum, both formulated with corn-based alcohol (\$35 for 30 mL at Roots stores);

Nautica Oceans — it's for him — is biodegradeable and water-based (\$57 for 50 mL at department stores); and **The Body Shop Love Etc.** is made with community-trade alcohol from organic sugar cane (\$24 for 30 mL).



Almay and Physicians Formula with accessible and affordable palettes to spotlight your natural hue. Both are available at drug and mass retailers.

Joe Fresh Beauty may well be the most successful marriage of sophistication and affordability beauty junkies have seen so far. From \$4; go to joe.ca for locations.

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Moxie Girlz Art-titude dolls, \$14.99-\$34.99, include accessories and clothing that girls can custom-design. Available at major retailers across Canada. METRO NEWS SERVICES



Holiday Shopping Guide

Grooming gifts for him

JANINE FALCON
for Metro Canada



Guys, don't even try to pretend you wouldn't appreciate quality grooming products as a gift — at least it would save you shopping for yourself.

Here's a round-up of great-hair and great-skin stuff to put on your holiday wish list. You know you want it.

Get your morning tingle here: **L'Oréal Professionnel Homme Energetic Ice Mint + Ginseng Shampoo**. Wakey, wakey! Available for \$14.50; go to lorealprofessionnel.ca for salons.

We know you love a multi-tasker: **Fruits & Passion**

F/P Homme 003 Shower Gel Hair and Body is a hair-to-toes deal. Available for \$15 at Fruits & Passion boutiques.

The **Gillette Scrubber** is a manly shower puff so you can get your scrub on. Available for \$4.99 at drugstores. For revved-up dry-skin sloughing, try the **Dermalogica Ultimate Buffing Cloth** with shower gel, then lotion up — no joke — within three minutes of towelling off. Available for \$24; go to dermalogica.ca for retailers.

Consonant Body Pure Unscented Organic Foam-

ing Face Wash and Body Lotion might answer your skin's call. Available for \$18 and \$22 at The Bay, select Sears stores, and consonantbody.com.

Oxy Acne Fighting Face Formula Face Wash is part of a whole facial grooming line that helps put the kydosh on breakouts. Available for \$11 at drug stores.

The Art of Shaving and Gillette teamed up to produce the high-end **Fusion Chrome Collection Power Razor**, with micro-pulse action for better

glide and a spotlight to show up those hard-to-see spots. Available for \$150 at Harry Rosen and Holt Renfrew.

Good for your hair and environmentally responsible: **David Babaii for Wildaid Volcanic Ash Sculpting Clay**, \$13 at Sears or DB4Wildaid.com.



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Careful with those holiday treats near your pets

In a snapshot of a home decked out for a holiday celebration, trimmed trees adorned with lights and tables laden with treats are typically part of the scene.

But while festive decor and tantalizing edibles offer an undeniable feast for the senses, they may also serve as potential hazards to those of the four-legged variety.

Dr. Julie de Moissac, president of the Canadian Veterinary Medical Association, says a number of seasonal staples would be better kept away from the paws of pets as they could lead to possible illness — or worse.

Among them are table scraps, like chicken, turkey, bones and gravy, said the mixed animal practitioner.

"Often times, pet owners are really good about not doing that, but it's the relatives that come over and they see the poor dog and they think they're doing it a big favour by giving it little tidbits from the table," she said from Outlook, Sask.

"Often times, they're too fatty for dogs and they cause stomach upset at best, or bone issues in the digestive tract would be the worst."

Chocolate can also be quite toxic to animals, she noted.

"That seems to be in abundance over the holidays and dogs love it and they will eat it if they have the opportunity, so you have to be quite careful."

Xylitol, a low-calorie artificial sweetener found in some baked goods, can



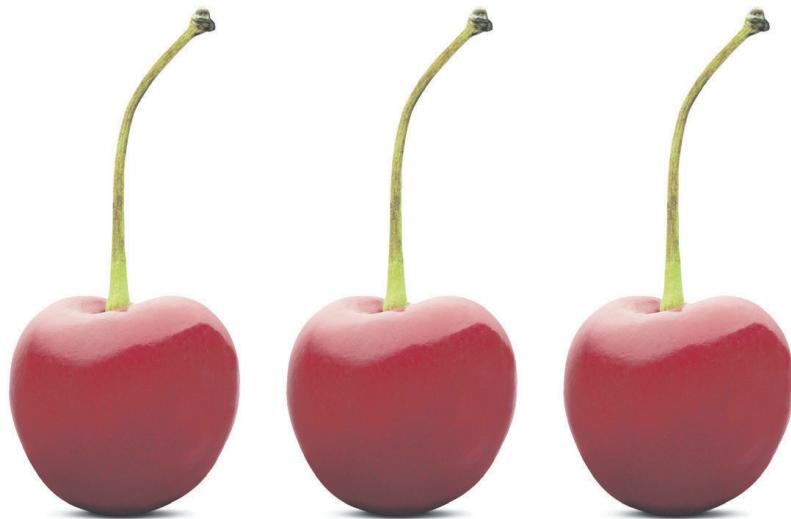
Holiday treats could cause potential harm to your pets.

lead to liver injury or sometimes liver failure, she said.

The CVMA also recommends keeping alcohol and bottles out of reach.

Vomiting, wobbly gait, depression, disorientation and/or hypothermia are all signs of intoxication in pets.

THE CANADIAN PRESS



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Remember to honour important or fun family traditions; If you want to do something new, introduce it along with the more traditional aspects. If you are cooking, stick to the tried and true. Don't choose this time to try out a new recipe. **SYLVIA PUTZ/FOR METRO CANADA**

Metro Homes



EDITOR: DOUGLAS.DUNLOP@METRONEWS.CA

Dinner decor

Only decorate your home for your Christmas dinner in a few key places. To minimize work, stick to visible areas, like the mantel above the fireplace, stair railings, and the Christmas tree.

—SYLVIA PUTZ

A decade of changing decor

Homes go practical and casual in 2000s

Goodbye to the armoire and the dining room (in many cases, the living room, too). Hello to the home office.

Repurposed rooms, recycled materials and an increasingly relaxed decorating style characterize the end of a decade that began as a party on a grand scale.

These are among the home decor trends cited by experts as the 2000s draw to a close.

Over the past 10 years, the formal living room in

most homes has been reinvented — it's now a library, workspace, perhaps a music or game room.

The most well-liked rooms now are the home of office, mud room and media room, the survey indicated. What we don't want so much anymore? Three-car garages, guest rooms and formal living rooms.

Some trends over the past 10 years:

Living large

At the start of the 2000s, many jumped on the real



"The spa bathroom is the new two-car garage — a must-have if you ever want to sell your home."

Homegoods' Philip Tracey

Seen here are some of the trends that came and went (or stayed) this decade.

composting.
Living relaxed

We've loosened up. It's OK to have the computer and TV in the heart of the home. There's been a shift toward a more practical, casual lifestyle. As designer Marly Hampton says, "Real comfort, visual and physical, is vital to every room."

Suites of furniture? Passe. Untouchable formal rooms? Over. We're comfortable mixing and matching

THE CANADIAN PRESS

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Lessen your Christmas dinner hosting stress

HomeScape

Sylvia Putz

metronews.ca/homescape



Planning is key to getting your holiday dinner off without a hitch.

Hosting Christmas or holiday dinner for the first time can be a terrifying prospect to newbies. Heck, even if you've done it before, the notion can make you weak in the knees!

It is, after all, not to be taken lightly. It is an event, a marathon to some. But it doesn't have to be.

First of all, realize the whole affair can be very stressful, so take the time to make it as easy as possible. Even now, mere days before the event, take the time and plan out the event. To help you plan effectively, here are some points to consider:

• Finalize the number of guests that you will have, and decide how much you want to spend.

• This will lead you easily into a decision on how you will serve your meal — formal, buffet, sit-down casual or an eat-around-the-house kind of dinner.

• From there, decide on the logistics. How many chairs do you need? Is the table large enough? Etc.

• Are you planning a potluck? If you are entertaining a large group, a potluck may save you. If you decide on a potluck, plan your menu and ask guests

to bring a particular category of food, such as a salad or appetizer.

• Do not hesitate to ask for help. Ask your sister-in-law to help you decorate your house in style. Phone your brother to help you move furniture. Enlist the family teenagers to do cleanup duty. Designate a turkey carver.

• If needed, order the foods now that you may not find later in the week, such as a honey-roasted ham or fresh turkey. If you are ordering in, plan the menu and order the food.

• About a week ahead of

time, start shopping for the non-perishable items you need, like mineral water, alcoholic drinks, coffee, tea, plastic containers for leftovers and so on.

• Finalize the menu and shop for perishable items a few days before. Cook ahead as much as possible. Complete last-minute cleaning and decorating, such as preparing a simple centerpiece for the table, perhaps with coloured balls and a glass vase.

• On the day, finish your preparations in the kitchen, set out the table, and hop into the shower. Then deck yourself out in your best holiday gear, put on the Christmas music, and have a drink. Enjoy that peaceful moment, because you'll soon be engulfed in Christmas cheer. Wheew!

• Above all, remember to have a great holiday!

Sylvia Putz is a journalist with an interest in decor and design. She's written for the TV show Arresting Design; sputz@arrestingdesign.com.

Esprit's celebrity campaign

Esprit's spring/summer 2010 campaign will feature Daisy Lowe, daughter of vocalist Pearl Lowe and Bush front man Gavin Rossdale. **METRO NEWS SERVICE**

Style

EDITOR: ANN-MARIE.COLACINO@METRONEWS.CA

A *blue* 2010

Turquoise is next year's hot shade: Pantone

If colour is any guide, we'll be moving into vacation mode in 2010 with the world awash in tropical turquoise, forecasters say.

Turquoise was selected as the colour of 2010 by Pantone, a company that supplies and tracks colour for fashion and home decor, among other industries. Fashion insiders agreed the colour is on the rise.

"Turquoise is universally appealing. It puts everyone in the same state of mind — on vacation," says Jane Schoenborn, design director at Lilly Pulitzer. "Turquoise for us is a really big colour. A lot of times it's transporting, whether you're actually going to a resort destination or not."

Leatrice Eiseman, executive director of the Pantone Color Institute, says there was no runner-up to turquoise in her mind because people crave escapism and freshness after a tough year. The shade is on the cusp of blue and green, which makes it both inviting and serene — characteristics associated with blues — and invigorating and luminous, which comes from green, she says.

"Transporting" was a word many used for turquoise, a shade that takes designer Tommy Hilfiger to the beach, especially the Caribbean, St. Tropez, France, or Southern California, which served as the inspiration for his newest collection. In jewelry, he thinks of the American Southwest, or Central or South America.

"The women in my life wear it on vacation and it looks great with a suntan at the beach," Hilfiger says.

Pantone's colour for 2009 was mimosa yellow, intended to carry a hopeful, optimistic message. Eiseman says the public is shifting gears as the economy shows some improvement: They are ready to fantasize a bit about the beach resort.

She also notes that in many cultures turquoise is considered a protective



Springtime cruise bracelet (\$50) and necklace (\$65). Available at Banana Republic.

Jacquard sparkle pashmina (\$22). Available at Le Chateau stores.

Turquoise tip

- Textile quality is an issue with turquoise, says designer Tommy Hilfiger. It can be very luxe looking in the right fabric, but it risks looking cheap in a bad one.

THE ASSOCIATED PRESS

colour with people wearing the blue-stone jewelry almost as a talisman.

"You often hear it attached to words like 'healing.'"

But Hilfiger urges a little caution in wearing it. "I love it for women and I strongly dislike it for men. ... If men are to wear blue, they should wear light blue or dark blue."

THE ASSOCIATED PRESS

RIGHT: Striped shirt (\$33.99). Available at talbots.com.



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Entertainment

EDITOR: DEAN.LISK@METRONEWS.CA



Wedding bells?

Joshua Jackson is ready to settle down with long-term girlfriend Diane Kruger and can see himself marrying the German beauty. Jackson, 31, has been dating the *Inglourious Basterds* actress since 2006. FEMALEFIRST.CO.UK

◆◆◆◆ A CLASSIC; ◆◆◆ EXCELLENT; ◆◆ GOOD; ◆◆ FAIR; ◆ POOR

Keys getting better

Alicia Keys

Album: The Element of Freedom **Label:** J/Sony Music
Rating: ◆◆◆◆

IF THERE'S ONE musician other artists should envy it's Alicia Keys. She's easily one of the most talented artists around, and continues to improve with every record. Her latest is an intensely passionate record about broken hearts, loneliness and finding strength. It might be a bit preachy, but with solid songwriting — the soaring Love is Blind is one of her most infectious tunes yet — blaring pipes and top notch piano playing, she's still far ahead of her peers.

Bryan Borzykowski/for Metro Canada



Alicia Keys sings about broken hearts, loneliness and finding strength on her new album *The Element of Freedom*.

Animal Collective

Album: Fall Be Kind **Label:** Domino
Rating: ◆◆◆

NODS TO classics like the Dead or acid-era Beach Boys only serve as reminders that the best psychedelic music is more than just collages of freaky sounds. Sound effects should be in the background, keeping you wondering whether they're really there or not. Animal Collective pushes them into the foreground, leaving only remnants of the melodic patterns and choral flourishes that we know are there, somewhere.

Graham Rockingham/for Metro Canada

Gucci Mane

Album: The State vs. Radric Davis **Label:** Warner
Rating: ◆◆◆½



Album Reviews

music@metronews.ca

AS WE ALL know too well, being a rap star doesn't preclude one from a jail sentence. While Gucci Mane did beat a murder charge, he's now back in prison for violating parole. Luckily, he can stay in the spotlight with his new, and damn good, album. The appropriately titled *The State vs. Radric Davis* is a pure southern rap disc. It's slow, plodding and chunky, just how a solid Atlanta hip-hop album should sound.

Bryan Borzykowski/for Metro Canada

Jimmy Buffett

Album: Buffett Hotel **Label:** Mailboat/Fontana North
Rating: ◆◆◆

THIS IS AN impossible record to dislike, especially for the legions of Parrotheads out there. Buffett's songwriting craft has lost none of its ability to go to the places that mean most to his fans and veering somewhat left of mid-life crisis. His wry wit shines through on *A Lot to Drink About*, a Buffett state-of-the-world address. He boils things down to essentials on *Surfing in a Hurricane* and *Beautiful*



Swimmers. And when he reverts to cover other artists, he picks only the best — Bruce Cockburn (*Life Short Call Now*) and Jesse Winchester (*Rhumba Man*). Still, it's not going to win him over many new fans.

Graham Rockingham/for Metro Canada

Robin Thicke

Album: Sex Therapy: The Session **Label:** Universal
Rating: ◆◆◆½

UNTIL NOW, ROBIN Thicke has managed to create some of the most inoffensive, yet still wel-



coming R&B sounds. His music was always nice, something you could play in front of your parents. His latest however, is all about doin' it. That would be all well and good if the music was as reliable as his past efforts. Songs like *Make U Love Me*, a stripped down, electrotinged club track with the line "Mr. Big is in your hands" is nauseating, while *It's The Mornin'* or rather "sex in the morning" as he sings, is too R. Kelly for its own good.

Bryan Borzykowski/for Metro Canada

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Tobey Maguire has dispelled rumours he has signed up to play Bilbo Baggins. FEMALEFIRST.CO.UK

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CA	Vu	SC	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
12/17/09			267 351 - ACCESS	Alberta Primetime (Live)	Stargate Atlantis (DVS)	Grey's Anatomy (HDTV)	Fringe (HDTV)	Primetime			
			243 317 3 CFCN	etalk	Access H.	The Mentalist (HDTV) (N)	Criminal Minds (N)	CSI: Crime Scene Investigat'n	CTV News		
			- - 4 OMNI	The Office	The Simpsons	Omni News: S. Asian Edition	Omni News: Cantonese Edition	Two/Half Men	Two/Half Men	Friends	
			371 5 KXLY	4 News at 6	4 News at 6:30	Entertainment	The Insider (N)	Grey's Anatomy (HDTV)	Grey's Anatomy (HDTV)	Practice	
			245 306 6 CBRT	Wheel Fortune	Jeopardy! (N)	Miracle on 34th Street *** (1994, Fantasy)			CBC News: The National	The Hour	
			244 338 7 CICT	ET Canada	Entertainment	90210			Family Guy	Family Guy	News Final (N)
			246 - 8 CKAL	Law & Order: SVU	The Jay Leno Show (N)	Scrubs	Better Off Ted	30 Rock	30 Rock	Your City	
			119 703 9 CBXFT	Comme par magie (SC)	Les Années Dernières (N) (SC)	3600 secondes d'estase (SC)	Le Téléjournal Nouvelles. (SC)	TJ Alberta			
			- - 10 SHAW	(6) Local Programming				Local Programming			
			372 12 KREM	News	Access H.	The Doctors (N)	Survivor: Samoa (N)	CSI: Crime Scene Investigat'n	The Mentalist		
			374 14 KSPS	PBS NewsHour (N)	Christmas at St. Olaf	A Renaissance Christmas	Mi-5	Faith Hill, Joy			
			500 390 15 CBC	CBC News: The National	The Nature of Things	CBC News: The National	CBC News: The National	Nature-Things			
			370 16 KHO	News	Millionaire	Jeopardy! (N) Wheel Fortune	Saturday Night Live Presents: A Very Gilly Christmas	Jay Leno Show			
			373 22 KAYU	The Office	Raymond	Two/Half Men	Two/Half Men	Bones (HDTV) (N)	Fringe (HDTV)	News	
			297 652 37 WPIX	The Vampire Diaries	PIX News at Ten Tong.						
			500 500 29 CNN	Larry King Live (N)	Anderson Cooper 360 (HDTV)						
			500 502 31 CNIN2	The Joy Behar Show	Nancy Grace	Showbiz Tonight					
			400 400 21 TSN	NHL Hockey	NHL Hockey Los Angeles Kings at Calgary Flames. (HDTV) (Live)						
			408 418 27 net	(6) NFL Football	Indianapolis Colts at Jacksonville Jaguars. (HDTV) (Live)						
			410 403 30SCORE	Poker Asian Pacific Tour.	Score Now	NBA Basketball Phoenix Suns at Portland Trail Blazers. (Live)					
			411 457 0LN	Survivor	Ghost Hunters	Bounty Hunter	Bounty Hunter				
			417 406 48 SPEED	Punks Outtakes	Jacked!	Wrecked	Pass Time				
			552 543 20 YTV	CatDog	The Legend of Frosty the Snowman	Hates Chris	8 Simple Rules				
			557 541 39 FAM	Han. Montana	Wizards-Place	Sunny Chance	Zack & Cody	Overruled!	Han. Montana	Wizards-Place	Latest Buzz
			558 545 67 TOON	Jimmy Two	Little Spirit: Christmas	Bah, Humdrum!	Looney Tunes	6TEEN	Futurama	King of the Hill	V for Vendetta
			578 583 11 CMT	Carrie Underwood	Home Improve.	Home Improve.	Home for Christmas	Carrie Underwood: An All-Star Holiday Special			
			553 546 17 TREE	Little Bear	Lost in Snow	Babes	Zigby	BBQ Pitmasters (N)	American Chopper		
			505 398 19 TWN	(5) EarthWatch One	EarthWatch One		EarthWatch Two		Borrowed Hearts (1997, Drama) Roma Downey.		
			606 568 23 W	Maxed Out	Grocery Bag	Crazy for Christmas (2005, Drama) Andrea Roth.					
			524 560 24 TLC	American Chopper (N)	BBQ Pitmasters (N)	American Chopper	BBQ Pitmasters (HDTV)	Amer. Chopper			
			603 561 25 FOOD	In Search of Perfection	Ace of Cakes	Ace of Cakes	Guy's Disney Holiday	Unwrapped	Unwrapped	Perfection	
			615 520 26 A&E	The First 48 (HDTV)	The First 48 "Ditched"	The First 48 (HDTV)	(10:01) The First 48				
			617 522 32 SHOW	Trailer Park	Trailer Park	The Outer Limits	Da Vinci's City Hall	Found.	Paradise Falls	Bones	
			601 562 33 SLICE	X-Weighted Dancer.	X-Weighted	ET Canada	Whatever	Work Out	Brat Camp		
			- 633 34 ENC2	Filmography	(7/25) Isn't She Great? (2000, Biography)	Funny Farm *** (1988, Comedy)	(10:45) The Out-of-Towners				
			520 505 35 DISC	Crashes That Changed Flying	MythBusters	Daily Planet	Crashes That Changed Flying				
			620 523 36 BRAVO	A Winter Tale (2007, Drama) Peter Bailey.	Law & Order: Breeder	Law & Order: Breeder	Without a Trace				
			299 650 40 WPCH	Law & Order: SVU	Laws of Attraction *** (2004, Romance-Comedy)	The Office	Laws of Attraction (2004)				
			626 547 41 COM	Just for Laughs	Air Force	22 Minutes	Corner Gas	Name Is Earl	The Simpsons	South Park	Hot Box
			- 539 42 TCM	Christmas in Connecticut	Holiday Affair *** (1949, Romance)			Never Say Goodbye *** (1946, Comedy) Errol Flynn.			
			628 584 43 SPIKE	TNA Wrestling (HDTV) (N)	UFC Unleashed			MANswers	MANswers	MANswers	
			522 516 45 HIST	Underworld Histories	Ice Road Truckers	Ancient Discoveries	Underworld Histories				
			627 528 46 SPACE	Copperhead (2008, Suspense) Brad Johnson.	InnerSpace (N)	Stargate SG-1 "Urgo"	Star Trek: Next Gener.				
			- - 47 AMC	(6) The Game *** (1997, Suspense), Sean Penn	In the Line of Fire *** (1993, Suspense) Clint Eastwood, Rene Russo.						
			619 525 49 TROP	Bob & Doug	Bob & Doug	Seinfeld	The Outer Limits	ET Canada	TV Made, Do It	Family Guy	
			600 564 50 HGTV	Renovation	Renovation	House Hunters	Holmes Inspection		Renovation	Holmes-Homes	
			501 391 52 CTY	CTV News Tonight	CTV News	CTV News	CTV News	CTV News			
			508 508 70 BNN	Squeeze Play	Business News	Commodities	Market Call Tonight	Headline	Commodities	Squeeze Play	
			526 507 92 VIVA	The Closer	Cold Case	Psychic Inv.	Ghostly Enc.	Judging Amy		Missing	
			269 350 93 APTN	Wapao Bay	By the Rapids	Big Bear	Moose TV				
			- - 94 MCP	World News	News	Sewing Maid	Kingdom-Wind	Vancouver			
			571 581 100 MMM	The Beatles on Record	Entourage	Wild 'n Out	mmtop10.ca	Dheevan Ghar	Sababar	Connections	
			570 580 101 MM	The Vampire Diaries	Love Court	Instant Star	Hottest Rock Videos of-09	The Beatles on Record	Entourage		
			581 566 102 MTV	Real World-Road Rules	Jersey Shore (N)	MTV Live	Sex, News-Roll	Peak Season	After		
			- - 116 TV5	Envoyé spécial	Cité guide	TV5 Le Journal	(9:35) Vous aurez le dernier mot				

34 entertainment

Tobey Maguire has dispelled rumours he has signed up to play Bilbo Baggins. FEMALEFIRST.CO.UK

Aliens of a different kind

Weaver explores a different role in Avatar

NED EHRBAR
Metro World News

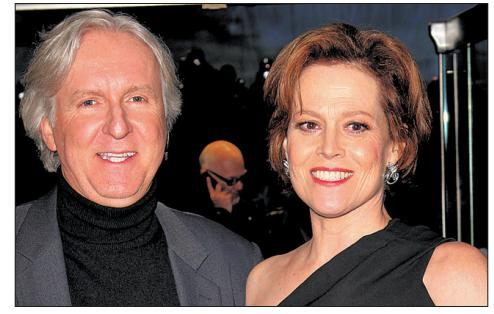
Sigourney Weaver
admits her role as Dr.
Grace Augustine in
James Cameron's long-
awaited movie Avatar
was something new for
her.

"It was wonderful to play someone who ends up finding her true happiness and her true home in an alien life, especially after my history with aliens," the veteran actress says with a laugh.

Weaver's Dr. Augustine serves as part of a team of humans studying the Na'vi, an indigenous people on an alien planet whose home just happens to rest over a mother lode of minerals earth needs to fix its energy crisis.

"Grace was a wonderful combination of qualities. She's full of authority and wit, but she's also a very conflicted person," Weaver explains.

"I admire women who've devoted themselves to the study of certain things or certain causes." Teaming up again with



Director James Cameron and actress Sigourney Weaver arrive at the premiere of the film Avatar

And Weaver relished the chance to play a professional woman as complex as Grace.

"Grace was a wonderful combination of qualities. She's full of authority and wit, but she's also a very conflicted person," Weaver explains.

"I admire women who've devoted themselves to the study of certain things or certain causes." Teaming up again with

Cameron, who helped cement Weaver's status as a science-fiction icon in Aliens, was a simple decision to make.

"There are a lot of big movies that involve special effects," she says.

"Jim Cameron is the only one I know who understands that special effects are not for effect."

"He uses them to enhance the emotional story and to make even sharper — in this case through 3-D — the sensory experience of the audience experiencing the story."

Given the environmental thrust of the story in Avatar, Weaver admits there could have been a better place to premiere it other than London — such as the U.N. Climate Change Conference happening at the same time in Denmark.

"I'm sorry that we didn't show this at the kick-off of Copenhagen," Weaver says.

"You know what I think is going to work? A lot of families will see this movie, and they'll talk about the message."



Kenya's Style

Kenya Hunt

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bine for a magical evening. Such is the experience at Chef's Table, helmed by Jeff Park, inside the Kensington Riverside Inn.

While an à la carte menu is available, let Park's kitchen take the lead with the five-course tasting menu (\$90), thoughtfully designed to build on each dish while also showcasing flavours.

Chef sends a tiny gift of arancini, a deep-fried burst of cheese and rice, with a welcome glass of prosecco, and then the opus begins.

On the web

- Get recipes and more great food content at metronews.ca/recipes

Seared Albacore tuna is drizzled with a taste-budding mix of sun-dried tomato, pine nuts, and niçoise olives. Tongue is further teased with micro coriander cress and a dash of Japanese togarashi spice.

A rich wild mushroom risotto, crowned with

shaved burgundy truffle, is even-handed on mascarpone and grada padano without bogging down the creamy grains.

Heavenly seared sea scallops are anchored to earth with du Puy lentils, flanked by angels of roasted salsify, sprout leaves and truffle vinaigrette.

A sorbet intermezzo — an unfortunate jarringly honeydew — is the only slip.

Perfectly rare rack of lamb is intriguingly paired with a Greek mavro-



Rack of lamb, part of the tasting menu at Chef's Table.

daphne wine. (Sommelier is top notch.)

The finale, a smooth and

simple white chocolate crème brûlée, hits all the right notes.

Dining out

NEPALESE SUMMIT
Tasty Nepalese is back on the table at Everest Kitchen (176 Bedford Dr. N.E.), which has reopened after closing its 17th Avenue S.W. location. It has also brought back its buffet lunch (\$14).

ANDREE LAU/
FOR METRO CALGARY

Global Peasant blog online

- Travel along with Diane Thompson's culinary adventures in her Global Peasant blog.
- Check out metronews.ca/globalpeasant for a recipe of Stir Fried Rice-O-Rama.

**In brief**

XMAS DESSERT The talented sisters at Bliss & Co. (108 3rd Ave. S.W., 403-281-8821) are taking orders for lemon meringue Yule logs and cream puff rings and towers for the holidays until Wednesday. You can also pick up ginger spice or merry mocha cupcakes and bags of gingerbread or macaroons.

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Breaking news: Rich celebrities spend loads of money on expensive Christmas gifts

Keith Urban was spotted picking holiday gifts for his wife Nicole Kidman at London's Harvey Nichols department store. He spent time at the By Kilian counter, selecting four perfumes, including the Absinthe Verte, people.com reports. **METRO NEWS SERVICES**

**entertainment 37****Celebrity Buzz****Madge lends Guy kids for holidays**

THE GRINCH WHO RETURNED CHRISTMAS Guy Ritchie is overjoyed to be spending Christmas Day with his children, femalefirst.co.uk reports.

The Sherlock Holmes director — who has nine-year-old son Rocco and adopted Malawian son David Banda with singer Madonna — is going all out to make the day "traditional" and special for the youngsters after his ex-wife gave permission for

them to spend the day at his home.

A source said: "Guy is really pleased, and cannot quite believe he and Madonna came to such an amicable arrangement. He is a huge fan of Christmas and wants to do everything by the book, very traditionally."

The British filmmaker is so determined to make the day memorable, he has promised to rustle up a delicious roast turkey lunch

with all the trimmings and "spoil them rotten."

The source explained to the Daily Mirror newspaper: "This means stockings hanging from under the kids' beds, presents under the tree and a massive turkey, Brussels sprouts, chestnuts, the works."

"When Guy and Madonna were together they didn't really celebrate Christmas Day due to Madonna's staunch Kabalah beliefs. Now that he's a single man, Guy is determined to spoil them rotten and give the youngsters a Christmas they'll never forget."

METRO WORLD NEWS

Lohan gets a legal scolding from LA judge

HE HAS THE LOHANS ON SPEED DIAL A judge in Los Angeles is laying down the law with Lindsay Lohan, insisting the troubled actress complete her court-ordered alcohol education classes before the three-year probation from her 2007 DUI conviction expires next July, according to Hollyscoop. Lohan was accused of violating the terms of her probation by only attending 15 of 26 alcohol classes and 13 of 28 self-help sessions.

METRO WORLD NEWS

Was Kate's behaviour behind A-Rod breakup?

DIAMOND DIVA Kate Hudson's desire for exposure was behind her split from Alex Rodriguez, at least according to one of his friends. "She would always want to be styled before games and she'd insist on front-row seats," the source tells Us Weekly.

"It was a turnoff to have a girlfriend who always wanted to be on camera. Alex wanted someone who was more interested in building a long-term relationship than just building their profile."

METRO WORLD NEWS

Paula's Idol regrets

STRAIGHT DOWN To everyone who asked, "Why in the world would Paula Abdul quit American Idol?" a few months ago, it seems that Abdul herself is now pondering the same question. Word is, she's bummed out and her replacement, Ellen DeGeneres, is absolutely the talk of the Idol set, popeater.com reports.

DeGeneres is telling friends that she can't wait for the new season of American Idol to begin in January. "She is a



breath of fresh air that is so easy to work with," a friend says. "Everyone in front of the cameras and behind all adore her, particularly 'Mr. Mean,' Simon Cowell, who Ellen has already challenged to a dance-off!"

Meanwhile, as life couldn't be better for DeGeneres, Abdul finally realizes what a mistake it was to quit the show, popeater.com says.

METRO WORLD NEWS

Pregnant Coppola plays Bach for baby

MY PARENTS PLAYED CYNDI LAUPER AND NOW I WRITE CELEBRITY BUZZ Director Sofia Coppola and partner Thomas Mars, the frontman for the band Phoenix, are expecting their second child, people.com has confirmed.

In a backstage interview with Chicago's WXRT, the French-born musician, seemingly surprised,

nodded affirmatively when asked about partner Coppola being pregnant.

Coppola, 38, and Mars have been together for four years, and have a three-year-old daughter, Romy. Coppola was previously married to director Spike Jonze. "I heard the story that if you play Bach, babies in the womb get

Kidman shuts down reporter's Scientology probe**HER CONTRACT'S NOT UP YET**

In an interview with BBC personality Andrew Marr, Nicole Kidman refused to talk about Scientology when asked about the controversial religion.

"One of the things, you haven't talked about before ... Scientology, it is, a lot of people would say, a bullying cult," Marr said to Kidman.

"I'm here to publicize Nine," Kidman responded.

**Celebrity tweets**

Richard Branson is attacking the issues, Lindsay Lohan doesn't like running into her past, the lights are on outside but not on the inside at Jessica Simpson's house, and teenage singer Justin Bieber will not be tied down.



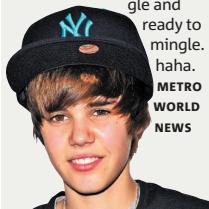
• @richardbranson Good meetings in Copenhagen with mayors of LA, Calgary and Vancouver. Forest talks now. Lots of opportunities for Carbon War Room.

• @lindsaylohan go away ex
• @JessicaSimpson I have so many christmas lights outside that now my inside lights won't stay on! Ha!!

Electricians are in and out of my house today.

• @justinbieber the reporter asked me is i was dating. i said i go out on dates. but nothing serious. im still single and ready to mingle. haha.

METRO WORLD NEWS



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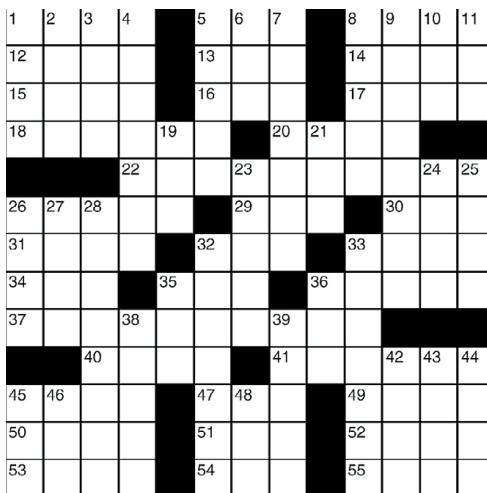


Today
Sunny
-3 °C / -4 °C

Friday
Sunny
-3 °C / -10 °C

Saturday
Sunny
-3 °C / -7 °C

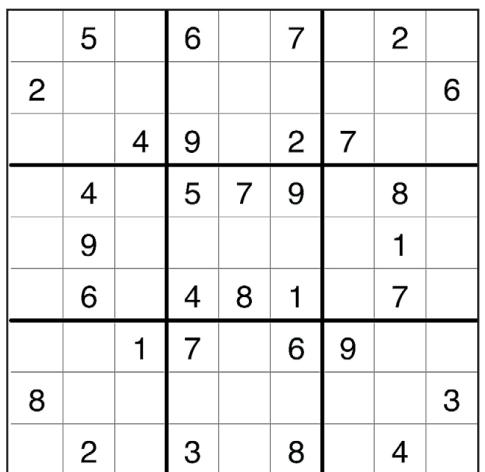
Take Five



Sudoku

For more/less challenging Sudoku puzzles, visit metronews.ca

HOW TO PLAY: Digits 1 through 9 will appear once in each zone – one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.



ACROSS

1 Cold War weapon, for short
5 Rotating part
8 Undermines
12 Garment of India
13 — Khan
14 Hodgepodge
15 Lendl or Pavlov
16 Rocky peak
17 Island guitars
18 Recipient
20 McGwire rival
22 "Going Rogue" memoirist
26 "Spirit of '76" musician
29 Snitch
30 "—not choose to run"
31 Lumoxox
32 "You've got mail" co.
33 Dandling site
34 Pac.
counterpart
35 Mrs. McKinley
36 "He's — nowhere man"
37 Any of three of

this puzzle's answers

mind
23 Bellowing
24 Concept
25 Yule refrain
26 Envelope part
27 Greek vowel
28 Maximal, as a magazine ad
32 Book supplement
33 Russian citadel
35 Tattooist's supply
36 Rock concert need
38 Hawkeye
39 Surpass
42 English river
43 Without
44 Sounds of disapproval
45 Turn blue?
46 Scepter
48 Answer 11-Down

DOWN

1 Wife of Osiris
2 Grotto
3 Cereal choice
4 Mental attitude
5 Bring the food
6 In bygone times
7 Sheriff
8 March King
9 High-pH
10 Dessert choice
11 "Help!"
19 Listener
21 Make up your

PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:



1	4	5	9	6	8	3	7	2
3	7	9	1	2	5	4	6	8
2	6	8	3	7	4	1	9	5
7	9	2	5	4	3	6	8	1
5	8	4	6	1	2	7	3	9
6	3	1	8	9	7	5	2	4
9	2	6	7	5	1	8	4	3
4	5	3	2	8	6	9	1	7
8	1	7	4	3	9	2	5	6

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ARIES

MARCH 21-APRIL 20



A wonderful link from Venus to your ruler Mars urges you to put fun and pleasure before chores and responsibilities.

TAURUS

APRIL 21-MAY 21



Forget about cash flow issues and focus on something that brings a smile to your face. It's time to get your life back in perspective.

LIBRA

SEPT 23-OCT 23



Friendship and love are especially well starred at the moment and a new relationship is likely to begin either today or tomorrow.

SCORPIO

OCT 24-NOV 22



Go out of your way to be nice to people today, even people who have not always been nice to you in the past.

GEMINI

MAY 22-JUNE 21



You need to be on the move as much as possible today because the more people you meet the more opportunities will come your way.

SAGITTARIUS

NOV 23-DEC 21



Your adventurous spirit will find its perfect outlet today and, even better, you will share the fun with like-minded people.

CANCER

JUNE 22-JULY 22



Others may say you are behaving in an illogical manner but don't let that change the way you go about things today.

CAPRICORN

DEC 22-JAN 20



The intensity of your emotions will catch you by surprise today — so imagine how other people will feel!

LEO

JULY 23-AUG 23



With Mars in your sign aligned with Venus, planet of harmony, you won't have to do anything too energetic today.

AQUARIUS

JAN 21-FEB 18



You will find it easier than usual to admit that you were at least partly to blame for things that have gone wrong,

VIRGO

AUG 24-SEPT 22



If you admit you need help today you will be overwhelmed by offers of assistance.

PISCES

FEB 19-MARCH 20



You may find it hard to make up your mind about something today but maybe that's not such a bad thing.

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This day in history

1718 – Great Britain declares war on Spain.
1862 – American Civil War: General Ulysses S. Grant issues General Order No. 11, expelling Jews from Tennessee, Mississippi, and Kentucky.
1903 – The Wright Brothers make their first powered and heavier-than-air flight in the Wright Flyer at Kitty Hawk, North Carolina.
1989 – Pilot episode of The Simpsons airs in the United States.
2005 – Anti-WTO protesters riot in Wan Chai, Hong Kong.

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\$28,995 B911903

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V6, loaded

\$34,995 B909826

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\$18,995 B908795

2008 Nissan Titan Pro 4X
Crew cab, loaded

\$31,995 B911911

2007 Nissan Titan LE
Crew cab, V8, loaded

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